HUNTER TRAVEL GUIDES

Jamaica

A TASTE OF THE ISLAND

History

Sights

Touring

Hotels

Restaurants

INSIDE . . .
Exciting recipes and tips from the island's best chefs, plus mail order resources to bring the tastes of Jamaica home!

PARKS PERMENTER & JOHN BIGLEY

VISIT…

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Introduction

We were strolling the banks of the Black River on Jamaica's south coast when we heard the call of a man from a nearby car. He gestured up at an ordinary looking tree we were near. Between its green leaves peeked small red fruit, bursting open to reveal large black seeds like eyes looking out at us.

"That's ackee. We make our national dish from that fruit. You must try some while you are here!"

The enthusiasm this stran- ger showed for Jamaican food is typical on that island, which has a veritable produce section of fruits, vegetables, roots and spices. The locals' enthusiasm is contagious. Visit Jamaica and you will get caught up in the taste of the island: the burn of peppery jerk, the slickness of cold coconut jelly, the richness of a truly world-class cup of coffee.

In a decade of travel to Jamaica, we've enjoyed meals that span the dining spectrum: jerk from roadside stands, patties from small town bakeries, shrimp from roadside vendors, home cooking from some of the island's best chefs and gourmet meals that could hold their own in New York or Paris.

Jamaican restaurants, aware that not everyone enjoys spicy island cuisine, offer a blander menu for those not looking for a real taste of island life. Yep! You can find Caribbean dishes devoid of the slightest taste of spice, or even burgers, just like those back home. But why limit yourself to that? You want a taste of the real Jamaica, a flavor that grabs you by your taste buds and makes you realize that you're not in Kansas any more.

Dining in Jamaica is part of the adventure of traveling here, an experience comparable to scuba diving the reefs of Montego Bay or hiking the rugged heights of the Blue Moun-

tains. It's a chance to learn more about the history of this island and its distinctive culture.

Breakfast can start with a taste of one of the world's best coffees, made from beans grown right here on the island. Lunch might mean a chance to get out and meet island residents who prepare a savory roadside dish in a manner perfected by the Caribbean's first inhabitants centuries ago. And dinner is far more than just the day's final meal, it's the evening's entertainment.

History

Jamaica's motto is "Out of Many, One People" and it's a saying that could equally be applied to the island's food. Residents have come from around the globe, bringing with them the cooking techniques, flavors, spices and recipes of their homelands and blending them with the bountiful harvest of this tropical island. The result is some of the most flavorful cuisine in the Caribbean.

The diversity and rich history of Jamaica is especially notable because of its size. Spanning 4,400 square miles (about the size of Connecticut), this island was first the home of the Arawak Indians, who named it Xaymaca, or "land of wood and water." Those early residents came to this mountainous island around 650 A.D. and lived peacefully here on the land and the sea's bounty.

After the Spanish arrived in 1509, the Arawaks soon died out, killed or dying from disease and overwork. With the native workforce gone, the Spanish began importing African slaves who brought with them many cooking techniques, ones that live on to this day.

The Maroons

One of the most interesting groups in Jamaica are the Maroons, a name derived from "cimarron" or "wild" in Spanish. These people are descendants of the escaped slaves of the Spanish, fierce fighters who took to the hills and stayed there, never to be recaptured. They settled in a remote region south of what is now Montego Bay called Cockpit Country, a land of steep hills and impenetrable vegetation pocked with sinkholes and caves.

When the British took over the island, they called Cockpit Country the "land of look behind." Soldiers rode two to a horse, one facing front and one back, to guard against ambushes.

Today the Maroons are self-governing, with their own elected officials. The most visited community in Cockpit Country is named Accompong, and tours are available to this unique region. (See Montego Bay, Between Meals*.) The Maroons, who for so long lived a completely self-sustained existence off the land, are still known as the island's greatest herbalists.*

Spanish Jews also arrived on the island during Spanish rule, contributing dishes such as escovitch fish, a vinegary concoction that's found on homestyle menus.

In 1655, the Spanish lost Jamaica to the English, who turned much of the land into sugar plantations, creating many fortunes in the process. "As wealthy as a West Indian planter" came to be a common phrase in England, a hint at the fortunes sugar brought.

During that century, English influences developed the Jamaican pattie, a turnover filled with spicy meat that's a favorite lunch snack with locals. It's the equivalent of an island hamburger.

A century later, Chinese and East Indian cooking styles made their way to Jamaica, when indentured laborers replaced slaves after emancipation. Today, curried dishes grace nearly every Jamaican menu, using local meats such as goat, chicken and seafood.

Discovering Jamaica

Spanning over 4,000 square miles, the Caribbean's third largest island has a little bit of everything: rivers, mountains, plains, forests, caves and, of course, a beautiful coastline. Jamaica is an island that appeals to travelers who enjoy its pulsating reggae music, rich history and bountiful attractions that highlight its lush, tropical beauty. Perhaps more than any other Caribbean island except St. Lucia, Jamaica is incredibly lush and fertile. The soil brings forth a year-round bounty of fruits and vegetables. Sugar remains a major product.

Jamaica offers several distinct destinations that lie just a few hours' drive apart on roads that twist and wind beside a jagged coast. On the eastern end, through the Blue Mountains, peaks top 7,500 feet above sea level. Big city types can head to the cultural and political capital city of Kingston, while those looking for country simplicity might look to Mandeville, tucked high in the hills and boasting the feel of a small English village. Hedonistic sun-worshippers have plenty of choices, from Negril on the western end to Montego Bay, Runaway Bay and Ocho Rios on the north coast. Quiet Port Antonio is perfect for those in search of a secluded getaway.

Planning Your Trip

Make no mistake, Jamaica is not a tiny island. You cannot experience it all in one trip; even after a decade of Jamaican research we find ourselves making new discoveries every journey. So where should you go? The decision will depend on many factors:

- How much time do you want at the beach? If fun in the sun is your number one priority, stick to MoBay, (the colorful name for Montego Bay), Ocho Rios, Port Antonio or Negril. Save Mandeville or Kingston for another time.
- How long can you stay? If this is a quick getaway of just three or four nights, select a destination close to the airport. (Most travelers fly into Montego Bay.)
- How much seclusion do you want? If it's peace and quiet you're after, move past the main tourist spots – MoBay, Ocho Rios and even Negril – in favor of quieter getaways such as Port Antonio, the Blue Mountains and the South Coast.
- What type of accommodations do you enjoy? Are you looking for an all-inclusive, a small inn or something in-between? Most all-inclusives are found in MoBay, Ocho Rios and Negril. Small inns are found in all communities.

Accommodations

Whatever you're looking for in the way of accommodations – high-rise hotel, seaside bungalow, bed-and-breakfast inn, small traditional hotel, or private villa – you'll find it in Jamaica.

Just as varied as the type of accommodation is the range of prices of these properties. Everything is available – from bud-

get motels with spartan furnishings to private islands that attract royalty and Hollywood types.

The resorts, hotels and villas featured on these pages offer varying activities, but almost every pastime is available somewhere. Some establishments offer around-the-clock fun and evening theme parties for their guests; others are better suited to guests who can make their own entertainment. Some are located on the beach; others up the mountains with grandiose views. Some are full-service properties with everything from beauty salons to jewelry shops to a half-dozen bars and restaurants located right on property; others are simple accommodations where the guests enjoy dinner in former greathouses built over 200 years ago.

Choosing the right accommodation is even more important in Jamaica than at other destinations. You'll find that a Jamaican hotel, unlike a property in a downtown US city, for example, becomes your home away from home. It is not just where you spend your nights, but also a good portion of your days, languishing on the beach, lying beneath towering palms and luxuriating in a warm sea.

What form will your paradise take? White sandy beaches? Rugged limestone cliffs that fall into baby blue water? Mountainside vistas? A resort with daily activities and a pulsating nightlife? A historic inn furnished with Caribbean antiques? Or a quiet getaway where the only footprints are your own?

All-Inclusive Resorts

As the name suggests, all-inclusive means that all activities, meals, drinks, transfers and tips are included in the price. This all-inclusive policy means that you're free to try anything you like without worrying about spending your vacation budget for the next five years. Ever been curious about windsurfing? Take a lesson. Want to know how to reggae dance? Throw off your shoes and jump in line. Wonder how those brightly colored drinks with the funny umbrellas taste? Belly up to the bar. You're free to try it all.

Some folks don't like all-inclusive because of the concern (not unfounded) that once you've paid for the whole package you'll be unlikely to leave the property to sample local restaurants and explore the island. We love all-inclusives, but we are careful to balance our stays with island tours or visits to off-property restaurants. Even with these extra expenditures, we've found most of these resorts to be economical choices.

The **Sandals** resorts are for couples only. Vacationers can hop from resort to resort and enjoy facilities and dining privileges at each; transportation is provided free of charge.

SuperClubs originated in Jamaica and offers several properties for varying interests and varying price ranges. On the lower end, the Breezes properties offer an all-inclusive experience at affordable rates. For couples traveling with children, Boscobel Beach offers supervised fun for the kids so the two of you can enjoy some private time. Fun seekers will find plenty of action at Hedonism II and luxury lovers can be pampered at either Grand Lido Negril, Grand Lido Braco or Grand Lido Sans Souci. SuperClubs also offers the best lovers' bargain in the Caribbean: free weddings.

SuperClubs Dining

SuperClubs Super-inclusive Resorts (Grand Lido Negril, Grand Lido Sans Souci, Breezes Golf & Beach Resort, Breezes Montego Bay, Hedonism II,Boscobel Beach) have been recognized for their culinary offerings. For the past 11 years, the resorts have won many awards in Jamaica's Professional Culinary Arts Competition, including "Chef of the Year" for four of the last nine years.

"We take more than 50% of the medals in culinary competitions against Jamaica's best," says SuperClubs chairman John Issa. "That we consistently succeed in taking more gold medals than other hotels in both food and beverage categories speaks for the remarkable culinary talent and dedication of

SuperClubs restaurant and bar staff." SuperClubs offers a training program that pays for candidates to study at Cornell's School of Hotel Administration, the Culinary Institute of America at Hyde Park in New York, Hocking Technical College in Ohio and Nova University in Florida. After training, candidates return to Jamaica to work in food and beverage. Each resort includes a central restaurant and at least one gourmet restaurant.

Intimate Inns

If you're looking for peace and quiet, small inns offer good getaways and a chance to immerse yourself in more of the local atmosphere. It's that opportunity to meet local residents, taste island dishes and retreat from the typical resort experience that brings travelers to Jamaica's often-overlooked small inns.

More and more travelers are finding that the Caribbean's third largest island is also home to over 100 small inns, properties with fewer than 50 guest rooms. Inns vary from modest properties such as Verney's in Montego Bay to luxurious getaways like Strawberry Hill, located in the misty Blue Mountains on the island's south side.

"I am really keen on the development and promotion of small inns," said Chris Blackwell, owner of Strawberry Hill and founder of the Island Records label that brought Bob Marley to fame. "Small inns give visitors the chance to get into the culture and life of Jamaica. These are the strongest assets of Jamaica."

Just as you would if booking a B&B in the US, ask plenty of questions before booking a stay in a small inn. These properties may offer limited services and may be more restrictive. If applicable, be sure to ask:

- Is smoking permitted indoors?
- Are children allowed as guests?
- Is breakfast served at one time or as guests wander in?

- Are intimate tables available or are meals served family style?
- Are special dietary considerations met?
- Is there a minimum stay?
- Does a remote location necessitate a rental car?

Villas

For some travelers, the idea of a real getaway is to immerse themselves in the island, to feel as if they are residents. One of the best ways to do this, especially if you're enjoying an extended stay, is to rent a villa.

Villas vary in price, services and level of luxury. Before you make a commitment, check:

- Maid service. Many villas offer maid service before your arrival and after your departure; additional cleaning can be arranged for a surcharge. At other properties, you may have daily maid service. Check with your villa management company.
- Groceries. Can you send a deposit for groceries and have a cook stock up before your arrival? Finding a refrigerator and cabinets filled with your favorites can be a big boost after a long flight.
- Cook service. Many villas can arrange for cook service as you choose: three meals a day, dinner only, or just one special meal. In Jamaica, villas typically include cook service.
- Air conditioning. Don't assume your villa is air-conditioned; ever-present trade winds make this an optional feature. If it's more of a necessity than an option to you, inquire.
- Car rental. Many villas are located away from the resort areas. See if you should rent a car to avoid pricey taxi rides for long hauls.
- Minimum stay. Unlike hotel minimums of three nights, villas often require a minimum seven-night rental.

Costs

The Cost of Accommodations	
$$$$	Over $300
$$$	$200-$300
$$	$100-$200
$	Under $100

Prices given are per night for a standard room, double occupancy. For an all-inclusive property, where meals, drinks, tips and transportation are included, prices are given per adult, based on double occupancy. Prices are in US dollars.

The Cost of Meals	
$$$	Over $40
$$	$25-$40
$$	Under $25

Prices based on a three-course dinner, including coffee. Cocktails and wine are extra. Restaurants located in all-inclusive resorts are included in an overall package to resort guests. However, non-guests may buy day and evening passes at most resorts; call for details. Prices are in US dollars.

Tourist Information

A wealth of information is available on Jamaica. A good place to start is the Jamaica Tourist Board, either by calling ☎ 800/JAMAICA or by checking out the official Website, **www.jamaicatravel.com**. You can also give the Jamaica Tourist Board office nearest you a call for free brochures and maps.

Worldwide

801 2nd Ave., 20th Floor
New York, NY 10017
☎ 212/856-9727 or 800/233-4582; fax 212/856-9730

500 N. Michigan Ave., Suite 1030
Chicago, IL 60611
☎ 312/527-1296; fax 312/527-1472

1320 S. Dixie Hwy., Suite 1100
Coral Gables, FL 33146
☎ 305/665-0557; fax 305/666-7239

3440 Wilshire Blvd., Suite 805
Los Angeles, CA 90010
☎ 213/384-1123; fax 213/384-1780

1 Eglinton Ave. E, Suite 616
Toronto, Ontario M4P 3A1
☎ 416/482-7850; fax 416/482-1730

1-2 Prince Consort Rd.
London SW7 2BZ
☎ 0171/224-0505; fax 0171/224-0551

In Jamaica

You'll find visitor help throughout the island in a number of offices. Drop in for directions, recommendations or just to say hello.

Kingston has two JTB offices: a desk in the immigration entry area at Norman Manley International Airport and the main office at 2 St. Lucia Avenue in New Kingston, ☎ 876/929-9200.

Montego Bay has two JTB locations: a desk in the immigration area at Donald Sangster International Airport and another at Cornwall Beach, ☎ 876/952-4425.

In **Black River**, the JTB office is located in the Hendriks Building, 2 High Street, ☎ 876/965-2074.

You'll find the JTB office on the second floor of the Coral Seas Plaza in **Negril**, ☎ 876/957-4243.

In **Ocho Rios**, the JTB office is located on the second floor of the Ocean Village Shopping Centre (right above the grocery store), ☎ 876/974-2570.

Port Antonio has an office in the City Centre Plaza, ☎ 876/993-3051.

Helpline

Have a quick question while you're on island? Call the **JTB helpline** from anywhere on the island by dialing 1/888-995-9999.

Travelers' Information

ATM Machines

You cannot use traditional ATM cards in Jamaica. Cash advances can be made on credit cards if you have a PIN number, or at the bank if you do not. Note, however, that this can be a slow proposition. We ran out of cash in Negril recently and spent close to two hours obtaining a cash advance from the local bank. There are better ways to spend your holiday.

Banking

Banks are open 9am-2pm from Monday to Thursday; 9am-noon and 2:30pm-5pm on Friday.

Climate

The average annual temperature is 82□, but expect temperatures to be higher during afternoon hours. (It will feel much hotter because of high humidity levels.) Fortunately, the island is blessed with northeasterly trade winds that keep you from sweltering no matter what time of year you visit.

Rainfall varies with the season. Overall, the island gets an average of 78 inches a year (one look around at the lush vegetation and you'll see that it's put to good use). The lion's share of the rain falls in the misty Blue Mountains, home of some of the world's best coffee. Along the coast, rain showers are brief and heavy, coming in mid-afternoon and clearing up before you can run inside.

Want to find out the weather forecast for your visit? Check out the Jamaica Tourist Board's Website: www.jamaica travel.com.

Crime

Crime can be a serious problem in Jamaica. Use the same precautions you'd exercise at home and then some. Don't leave money on the beach while you swim and don't leave cash and valuables in your hotel room – use your hotel safe. Don't go out for walks on lonely stretches of beach or on quiet roads after dark.

Crime is particularly a problem in Kingston, as in any metropolitan area. Use big city precautions and heed advice to stay away from downtown, especially after dark.

Currency

The Jamaican dollar fluctuates with the market. At press time the Jamaican dollar was valued at about J $35 to US $1. You'll find that most establishments welcome US and Canadian dollars, however. Throughout the island, prices are often stated in US dollars (especially in resort communities).

Credit Cards

Major credit cards are accepted around the island, but don't count on your ATM card working at the local bank. Some businesses require a minimum purchase when using a credit card.

Departure Tax

Departure tax from Montego Bay and Kingston airports or from Ocho Rios and Montego Bay cruise ports is US$21 per person. The tax is payable only in cash.

Dress

With its strong British history, the citizens of Jamaica are modest, conservative people who generally frown upon displays of skin. Although nudity or topless bathing is permitted on some beaches, it is typically not practiced by locals. Most islanders follow a more conservative style of dress than seen in US beach communities.

Throughout this book, we've included dress code suggestions for all restaurants. In general, expect high season (mid-December through mid-April) to be the dressiest period, the only time when jackets and occasionally ties will be required at a few restaurants for dinner. Generally "casually elegant" or "resort casual" is the order of the day, an indication that it's fine to wear polo shirts, khakis or sundresses.

DRESS CODE	HIGH SEASON	LOW SEASON
Dressy	Jacket and tie; dress or pantsuit	Collared shirt; dress or pantsuit
Casually Elegant	Long pants, collared shirt; dress shorts, sundress	Long pants, polo shirt; dress shorts, sundress
Casual	Shorts, t-shirt	Shorts, t-shirt

Bathing suits are appropriate only for swimming; when off the beach grab a cover up. Bare chests are also frowned upon outside the beach areas. However, leisure wear – T-shirts, shorts, sundresses and sandals – will be readily accepted in any Jamaican community.

Drugs

Marijuana, or ganja as it's known locally, is illegal throughout Jamaica. Drug penalties are becoming stiffer and drug prevention measures more stringent in many countries. Customs officers carefully screen bags (using dogs in most cases) of visitors arriving on the island and travelers returning to the mainland.

The come-ons to tourists vary from vendor to vendor, but expect to be approached by friendly young men who introduce themselves by name, shake your hand and ask, "is this your first time to Jamaica?" Other approaches include "remember me from yesterday?" and "I met your friend down the beach." From there the offers extend from motorcycles rides up to see ganja fields to attempts to sell "party stuff" or "stuff I grew myself." Young travelers (especially males) are prime targets for ganja salesmen.

Like dealing with market and beach vendors, dealing with drug entrepreneurs requires firm politeness. "No, thank you" will generally end the transaction. Stay cool, move on, and realize that these businessmen are just out to make a buck, which on this island is not always an easy proposition.

We also caution vacationers not to return home with any packages that they have not personally packed. We have been approached by locals asking us to mail packages for them once we arrived in the US. The requests may have been legitimate, but the risk is too great.

Electricity

Throughout the island, you'll find 110 volts/50 cycles. At a few hotels, 220 volts is used. Standard American plugs are used.

Getting Married in Jamaica

There's probably no better excuse for a feast than a wedding, and a Jamaican wedding is no exception. Resorts and inns throughout the island offer all the assistance you need to turn your vacation into a honeymoon. Before your trip, give your resort a call and set the wheels in motion. The resort's wedding coordinator can explain your options, from food to wedding sites.

Getting married in Jamaica is easy and inexpensive, with just a 24-hour waiting period after you arrive on the island. No blood tests are required. You'll need to bring: ***proof of citizenship,*** *a certified copy of birth certificate (one with a raised seal), which includes father's name; parent's* ***written consent****, if anyone is under 21;* ***proof of divorce*** *(if applicable), either a certified copy or original Certificate of Divorce; copy of* ***death certificate*** *for widow or widower.*

Entry Requirements

US and Canadian citizens can enter on a passport or a proof of citizenship, such as an original birth certificate with a raised seal, a naturalization certificate or certificate of citizenship along with a photo ID (all documents must bear the same name). You'll also need to show a return or ongoing ticket.

You'll be issued a visitors card on the incoming airplane. Complete this before you land to speed up your trip through immigration (lines can sometimes be long at the Montego Bay airport so scoot on out there as soon as you can).

> ☼ ***TIP:*** *Be sure to complete your visitors card in either blue or black ink. Anything else will cause you to go back to the end of the line to fill out a new form. (We learned this little tidbit the hard way after coming in on an evening flight in Kingston and completing our card in green ink. Bring along a blue or black pen.)*

Harassment

Jamaica is one of our longtime Caribbean favorites, but not everyone shares our enthusiasm. For some, the beauty of Jamaica is overshadowed by the sometimes incessant demands of vendors selling everything from hair braids to necklaces to marijuana.

What's the best way to deal with hassling vendors? A firm but polite "no, thank you." If you don't want to buy, don't look, even out of polite interest.

Sexual harassment can also be a very real annoyance for female travelers. Jamaican machismo runs rampant and more than one "beach buddy" makes his living "escorting" lonely tourists looking for local action. Deal with sexual innuendo firmly but politely, then move on.

Our advice is to look beyond the beaten path to the Jamaica that the Jamaicans enjoy. When you've had enough hassling, head to a restaurant patronized primarily by locals or hire a driver for the day and leave the resort areas for the quiet communities that most visitors rarely see. We've spent days away from the resorts and never seen another tourist (or vendor). Jamaica beyond the resorts is quiet, dignified and proper.

Immunizations

No immunizations are required unless you have visited the following areas within the past six weeks: Asia, Africa, Central and South America, the Dominican Republic, Haiti, Trinidad or Tobago. If you have been to one of these locales recently, check with the tourist board (page 12) prior to your trip. We once came to Jamaica after a trip to Bangkok and were told by the Jamaican consulate's office that a nurse would give us a card with symptoms to be on the look out for and a number to call if any medical problems arose, but on arrival in MoBay we were not stopped at immigration.

Internet Site

The official Website of the Jamaica Tourist Board is www.jamaicatravel.com. Check out the Internet appendix at the back of this book for more Jamaica-related Websites, including many with culinary information.

Language

What's the official language of Jamaica? English, spoken in a more proper manner than most Americans commonly hear.

What's the language of the streets? Patois. If you feel like you're hearing a foreign tongue, it's probably the local patois, a combination of English, Spanish, Portuguese and African phrases with a good dose of Jamaican slang all in one. Spoken in a sing-song style, the result is as exotic-sounding as any foreign language.

Learning Patois

One of the best ways to learn patois is to read it. A Website frequented by many Jamaican residents and expats is www.jamaicans.com. Much of the conversation on the bulletin board is written in patois and provides an insightful look into the Jamaica away from the tourist resorts. Another good source is The Jamaican Dictionary, an inexpensive booklet available at most Jamaica gift shops.

With patois, "You get more mileage out of your tongue," one Jamaican explained to us. One of the more colorful expressions is: a bendung maaket, meaning a sidewalk market, a place where you would bend down, or "bendung," to shop. Here are some other patois phrases you might hear on the streets:

a go foreign - - - - - - - - - - - - - - - - - - to leave Jamaica
boonoonunus- - - - - - - - - - - - - - - wonderful, beautiful
duppy - ghost
irie (eye-ree) - - - - - - - - - - - - - - - - - - all's well, good

mash up - sickly, tired
nyam - eat
wagga wagga - bountiful
winji - sickly

Pets

Leave the dogs... and the cats, the ferrets, the gerbils and every other four-legged creature... at home. No pets are permitted in Jamaica. The reason is simple: Jamaica has no rabies and doesn't want any.

Photography

Don't take photographs without permission. We often buy a small trinket and then ask permission to take a photo; we have rarely been denied.

Telephones

As much as we love Jamaica, we must admit that this island is one of the worst places in the Caribbean from which to make a telephone call. The reason? Most American telephone companies will not accept credit card calls from Jamaica. Due to the high volume of fraud from this island, credit card companies will refuse calls from the island. The solution?

- Dial direct from your hotel and have it charged to your bill. This is the most expensive solution. If you do this, call home and have the recipient call you right back. Calls made from the mainland to Jamaica are far less expensive.
- Call home collect. This is less expensive than a direct call but pricier than our next option.
- Buy a Jamaican phone card once you are on island. We found out the hard way, after buying an "international" calling card in Miami, that Jamaican phones require Jamaican cards. Wait until you get to Jamaica and make a stop at a local grocery store to buy a calling card. They come in various denominations.

- Fax service is available at just about all the resorts and is another good way to keep in touch. Many charge nothing to receive a fax and only a few dollars to transmit one.

Time Zone

Eastern Standard Time is observed year-round. Jamaica does not observe Daylight Savings Time.

Tipping

You'll find that a service charge is usually added to the bill at most restaurants; If not, a 10-15% tip is customary. Remember that tips are part of the package at many all-inclusive resorts. Tips are generally not expected for short taxi rides.

Water

Water is safe to drink throughout the island.

Getting There

Arriving By Air

North Coast

Travelers planning a trip to Montego Bay, Ocho Rios, Runaway Bay and Negril generally plan to arrive at Montego Bay's **Donald Sangster International Airport**. Here's a look at what's available:

Air Jamaica, ☎ 800/523-5585. Service from Atlanta, Baltimore, Chicago, Ft. Lauderdale, Houston, Los Angeles, Miami, Newark, New York, Orlando, Philadelphia, London, Manchester, and Toronto.

Air Canada, ☎ 416/925-2311 or☎ 800/776-3000. Service from Halifax, Montreal, Toronto and Winnipeg.

ALM, ☎ 800/327-7230 or 305/477-0955. Service from Curaçao.

American Airlines, ☎ 800/433-7300. Service from Miami and New York.

American Trans Air, ☎ 800/225-2995. Service from Indianapolis/Ft. Lauderdale (winter), Indianapolis/Orlando (summer).

British Airways, ☎ 800/247-9297 or 0181/897-4000. Service from London.

Condor, ☎ 800/542-6975. Service from Frankfurt.

Copa, ☎ 800/359-2672 or 305/477-7333. Service from Panama City, Bogota, Peru and Ecuador.

Cubana, 876/978-3406. Service from Cuba.

LTU, ☎ 800/888-0200. Service from Dusseldorf, Germany.

Northwest Airlines, ☎ 800/225-2525. Service from Minneapolis and Tampa.

Trans World Airlines, ☎ 800/892-4141. Service from St. Louis.

US Airways, ☎ 800/428-4322. Service from Philadelphia/ Charlotte.

Are We There Yet?

Here's a look at flying times to Montego Bay:

Atlanta -2 hrs 40 mins
Baltimore -3 hrs
Boston -3 hrs 40 mins
Charlotte -3 hrs
Chicago -3 hrs 45 mins
Cleveland - - - - - - - - - - - - - - - - - - -3 hrs 15 mins
Dallas -3 hrs 20 mins
Detroit -3 hrs 15 mins
Ft. Lauderdale - - - - - - - - - - - - - - - -1 hr 30 mins
London -10 hrs 15 mins
Los Angeles- - - - - - - - - - - - - - - - - -5 hrs 30 mins
Miami -1 hr 25 mins
Milwaukee - - - - - - - - - - - - - - - - - -3 hrs 45 mins
New York - - - - - - - - - - - - - - - - - - -3 hrs 20 mins
Orlando -2 hrs
St. Louis- - - - - - - - - - - - - - - - - - -3 hrs 40 mins

South Coast

Kingston, Port Antonio, Mandeville and South Coast travelers will probably choose to fly into Kingston's **Norman Manley International Airport**. The following carriers serve the capital city's airport:

Air Jamaica, ☎ 800/523-5585. Service from Atlanta, Chicago, Ft. Lauderdale, Houston, Miami, Newark, New York, Orlando, London, Manchester and Toronto.

Air Canada, 416/925-2311 or ☎ 800/776-3000. Service from Toronto.

ALM, ☎ 800/327-7230 or 305/477-0955. Service from Curaçao.

American Airlines, ☎ 800/433-7300. Service from New York, Miami.

British Airways, ☎ 800/247-9297 or 0181/897-4000. Service from London.

BWIA, ☎ 800/327-7401. Service from Antigua, Barbados, Port of Spain, St. Maarten and St. Lucia.

Cayman Airways, ☎ 800/422-9626. Service from Grand Cayman.

Copa, ☎ 800/359-2672 or 305/477-7333. Service from Panama City, Bogota, Peru and Ecuador.

Arriving By Cruise Ship

Most cruise ships arrive in Ocho Rios or Montego Bay. Both city's terminals are within easy distance of the craft markets and shopping centers. These cruise lines call on Jamaica:

Carnival Cruise Line - - - - - - - - - - ☎ 800/327-9501
Celebrity/Fantasy - - - - - - - - - - - - - ☎ 800/437-3111
Commodore Cruise Line - - - - - - - ☎ 800/237-5361
Costa Cruise Line - - - - - - - - - - - - - ☎ 800/462-6782
Crown Cruise Line (Cunard) - - - - ☎ 800/528-6273
Dolphin Cruise Line - - - - - - - - - - - ☎ 800/325-4763
Holland America - - - - - - - - - - - - - ☎ 800/426-0327
Princess Cruises - - - - - - - - - - - - - ☎ 800/421-0522
Royal Caribbean Cruise Line - - - ☎ 800/327-6700

Getting Around

Travel By Taxi

Taxis are the easiest mode of travel and can be obtained at any resort. Look for red PPV (Public Passenger Vehicle) license plates; these indicate legitimate taxis. Agree on the price with the driver before you depart.

On Tour

Guided tours can be an excellent introduction to Jamaica, especially for first-time visitors. They can also be a good way to experience the island's more remote regions such as Cockpit Country.

Here is a sampling of some of the major tour operators in Jamaica. For more information, call the local number or check with your hotel concierge or tour desk.

Blue Mountain Tours, Ltd.- - - - - - ☎ 876/974-7075
Bloomfield Jamaica Ltd. - - - - - - - ☎ 876/927-5721
Caribbean Cruise and Tours - - - - ☎ 876/952-6260
Caribbean Travel & Tours, Ltd. - - ☎ 876/960-3598
Caribic Vacations - - - - - ☎ 876/952-9874/957-3309
Esperanza Tours Ltd.- - - - - - - - - - ☎ 876/957-4751
Galaxy Tours- - - - - - - - - - - - - - - - ☎ 876/925-4176
Gemini Tours, Ltd. - - - - - - - - ☎ 876/926-8015/8033
Grace Tours- - - - - - - ☎ 876/920-8133-4 or 920-8138
Helitours - - - - - - - - - - - - - - - - - - - ☎ 876/974-2265
Holiday Services- - - - - - - - - - - - - ☎ 876/974-2948
Jamaica Tours - - - - - - - - - - - - - - ☎ 876/953-3132
Japan Jamaica Island Company- - ☎ 876/979-0117
JCALT Ltd. - - - - - - - - - - - - - - - - - - ☎ 876/952-7574
JUTA Jamaica- - - - - - - - - - - - - - - - ☎ 876/952-0813

Runway Tours- - - - - - - - - - - - - - - ☎ 876/940-7747
Sun Venture Tours - - - - - - - - - - - - ☎ 876/960-6685
Top Tours - - - - - - - - - - - - - - - - - - ☎ 876/974-1463
Touring Society of Jamaica- - - - - ☎ 876/974-5831
Tourwise - - - - - - - - - - - - - - - - - - - ☎ 876/952-4943
Tropical Tours - - - - - - - - - - - - - - ☎ 876/952-1110
Unique Holiday Jamaica - - - - - - - ☎ 876/979-7781
Utas Tours- - - - - - - - - - - - - - - - - - ☎ 876/979-0684

The Touring Society of Jamaica

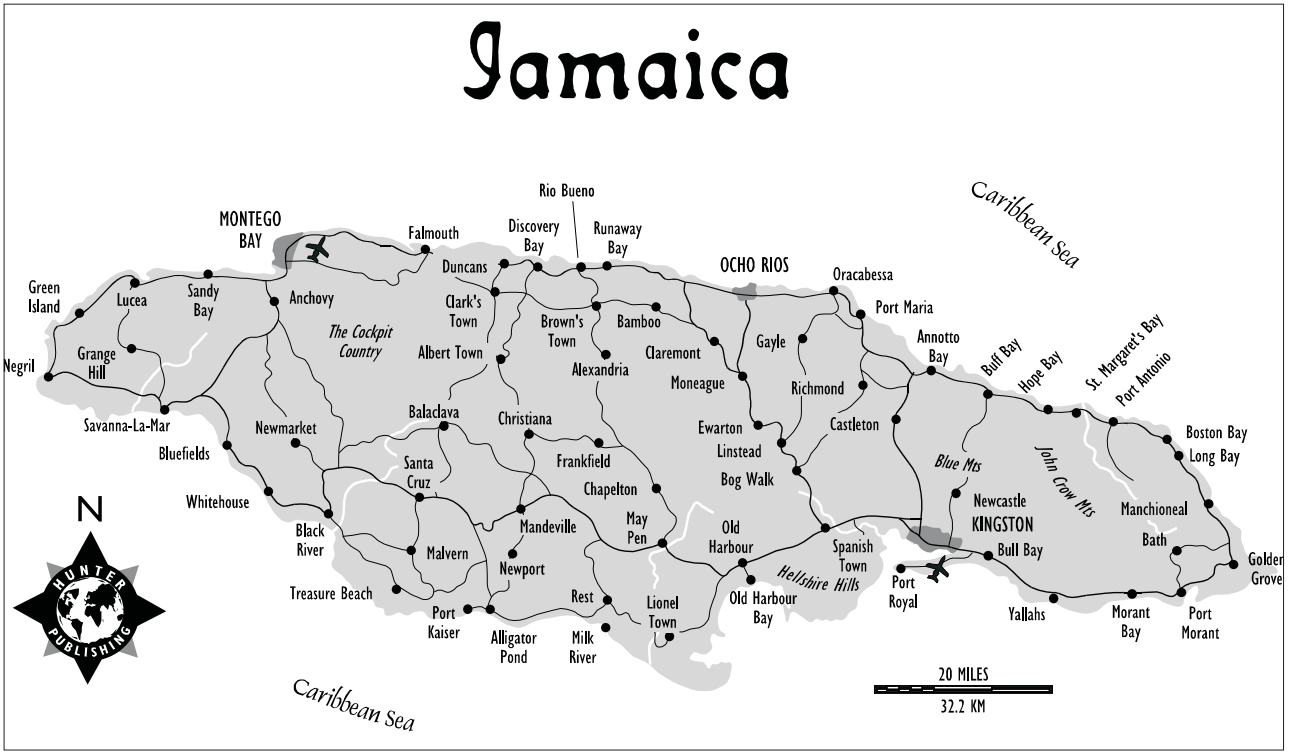
One unique tour operator is The Touring Society of Jamaica. Since 1991 the group has offered tours off the beaten path, tours that give an insider's view of the island. Itineraries include arts, architecture, music, gardens, natural history and Epicurean delights. They might include such activities as an overnight trip to the Blue Mountains to sample Jamaica's best coffee, an afternoon trip to Spanish Bridge in the Ocho Rios countryside, or a week-long quest for Jamaica's arts and crafts.

One preset specialty tour includes a visit to the Macanudo Factory in Kingston. Cigar aficionados can visit the Cifuentes y Cia factory, which produces 80% of the Macanudo cigars sold. This trip is available from Kingston or Ocho Rios.

Costs are determined by number of guests, transportation and itinerary. For more information, ☎ 876/974-5831 or 974-5833, fax ☎ 876/974- 5830.

❁ Rental Cars

Driving in Jamaica isn't just a way to get from point A to point B; it's a national sport. Cars pass other passing cars, all in the face of oncoming traffic. Warnings that "undertakers love overtakers" have done no good; Jamaica still has an alarming rate of traffic fatalities.


Jamaica
MONTEGO BAY
Rio Bueno
Falmouth
Discovery Bay
Runaway Bay
Caribbean Sea
OCHO RIOS
Oracabessa
Port Maria
Green Island
Lucea
Sandy Bay
Anchovy
Duncans
Clark's Town
Brown's Town
Bamboo
Gayle
Annotto Bay
Buff Bay
Hope Bay
St. Margaret's Bay
Port Antonio
Negril
Grange Hill
The Cockpit Country
Albert Town
Alexandria
Claremont
Moneague
Richmond
Savanna-La-Mar
Balaclava
Christiana
Ewarton
Castleton
Boston Bay
Long Bay
Bluefields
Newmarket
Santa Cruz
Frankfield
Linstead
Bog Walk
Blue Mts
John Crow Mts
Whitehouse
Chapelton
Newcastle
KINGSTON
Manchioneal
Black River
Mandeville
May Pen
Old Harbour
Bull Bay
Bath
Malvern
Newport
Spanish Town
Hellshire Hills
Port Royal
Golder Grove
Treasure Beach
Rest
Lionel Town
Old Harbour Bay
Yallahs
Morant Bay
Port Morant
Port Kaiser
Alligator Pond
Milk River
Caribbean Sea
N
HUNTER PUBLISHING
20 MILES
32.2 KM

If you are driving, expect the unexpected. We would recommend strictly limiting any night driving. If you are caught out on the roads at night, be on the lookout for cars without lights and for abandoned cars that do not have flashing lights. Always watch for pedestrians.

And don't assume that cars have properly functioning brake lights. On a recent trip from Port Antonio to Ocho Rios, a car in front of us suddenly stopped to make a right-hand turn without benefit of brake lights or a turn signal, sending our van lurching as the taxi driver hit his brakes. This was just hours after a car sideswiped us while trying to pass – and then kept going at full speed.

Still want to rent a car? Rental cars are pricey and are available from most major rental companies. Renters must be at least 25 years old and possess a valid driver's license. Bond, with either a credit card or cash, will need to be posted (it runs about $1,000). Service stations are open daily, but they accept only cash. The speed limit is 30 mph in town and 50 mph on the highways.

Drivers will find rest stops along the longest stretches of highway. Travelers driving between Montego Bay and Ocho Rios should look for the Travel Halt between Falmouth and Runaway Bay on the left side of the road; here you can stop for a restroom break and refreshment (not to mention the chance to buy a souvenir). All the tour buses stop here, so if it looks too busy just continue down the road and look for a restaurant.

Fly/Drive Jamaica

If you decide to do your own driving, have a look at the Fly/Drive Jamaica program. Offered in conjunction with the Inns of Jamaica, this program gets you started with a rental car and seven nights of accommodations on the island starting at $581 per person, double occupancy for the seven-night stay during high season. (Prices drop to $476 double occupancy during low season.) The package includes a standard subcompact car with unlimited mileage. Upgrades are available for $12 per day to move up to a four-door, $15 to get an automatic, or $32 extra per day to get an automatic transmission with air-conditioning. Jeep convertibles are also available for an extra cost of $20 per day.

Insurance is not included. However, we strongly recommend that you get it (let's make that very strongly... we wouldn't even peek our heads in the car without it). Insurance costs $12 per day ($15 for jeeps) and is well worth the investment.

Along with the Fly/Drive package, you'll get your choice of accommodations across the island. Over 50 island inns participate. You'll also receive a guidebook titled ***Tour Jamaica****, a roadmap, the service of the local representative and all government taxes and service charges.*

For more on the program, contact the ***Caribbean Vacation Network****, 1680 Meridian Ave., Suite 504, Miami Beach, FL 33139;* ☎ *800/423-4095 or 305/673-8822, fax 305/673-5666.*

Driving Times Within Jamaica

Kingston to Mandeville ~ ~ ~ about 1½ hours to 2 hours
97 km (61 miles)

Montego Bay to Negril ~ ~ ~ ~ ~ ~ ~ about 1½ hours
84 km (52 miles)

Montego Bay to Ocho Rios ~ ~ ~ ~ ~ ~ under 2 hours
108 km (67 miles)

Ocho Rios to Port Antonio ~ ~ ~ ~ ~ under 2½ hours
97 km (60 miles)

Ocho Rios to Kingston ~ ~ ~ ~ ~ ~ ~ under 1½ hours
97 km (60 miles)

Port Antonio to Kingston ~ ~ ~ ~ ~ ~ under 2 hours
109 km (68 miles)

Shopping

Shopping in Jamaica is part of the total experience, especially if you move away from the stores aimed at tourists to enter the world of Jamaican commerce. Leave the resort gift shops (where markup is fierce) and head to local grocery stores and markets for a true taste of Jamaican life.

Markets are held in most communities on Saturday mornings and are a window into Jamaican homelife. Fruits, vegetables and spices are sold by vendors who spread their commodities literally across the sidewalks in these markets called "bendung" or "bend down" markets. Bargain for the best price – it is expected and part of the whole experience.

Bargaining is also part of the fun at craft markets throughout the island. Many travelers avoid these market because of fears of high-pressure sales, but we have found that they provide a delightful shopping treat. A friendly "good morning," abstaining from photos until a purchase (no matter how small) is made and general good manners will go far with the salespeople. On a recent visit, one cheerful vendor gave us a

small basket as a gift. After shopping, take a break with a soft drink or "sky juice" (like our snow cone) sold from pushcarts beneath the shade trees.

Stores sell at fixed prices. Stop by a local grocery store for the best deals on liquor (rum, Red Stripe beer and Tia Maria are especially good values), coffee and tea. Jamaican Blue Mountain coffee is considered one of the finest coffees in the world. Gift shops at the resorts and the airport sell the coffee in small burlap gift bags for about US $1 per ounce (less than half the price found in American coffee shops) but you can buy the coffee even cheaper at local markets.

In your drives through rural Jamaica, don't miss the grocery stores, often with blue interiors. These little rural stores are an attraction in themselves. Most are set up in a style seen in the US early in this century. You'll walk in and up to a counter to tell the attendant just what you'd like to buy. All the goods are kept behind the counter; breads and cookies are displayed in glass cases. We often stop by the stores for a little bag of cookies (about 30¢) and to soak up the atmosphere.

Regional Delights

Kingston

The capital city of Kingston lies on the south shore, a metropolitan area of over 800,000 residents that's visited primarily for business rather than pleasure. Within this sprawling metropolis, however, beats the true heart of Jamaica. Travelers interested in the culture and history that define this island nation must make time for a visit to Kingston, the largest English-speaking city south of Miami.

Kingston is not an easy city to love. It's big, brash, and boisterous. Crime is a major problem, one severe enough that some taxi drivers won't even venture into the downtown region (more on that later). Life spills out from storefronts and homes onto the streets of this city, filling the sidewalks and every inch of available space. Goats roam the downtown area, sidewalk vendors peddle all type of merchandise from carts and tables, and pedestrians are everywhere.

History

Kingston dates back to 1692. The city is built along the harbor, stretching from the Blue Mountains in the east to the boundaries of Spanish Town to the west.

Along the waterfront, you'll find the commercial center of Kingston. Here goods come and go from around the world. Near the Jamaica Conference Centre, people stroll along the waterfront, enjoying the sunshine, sharing conversation, and buying local foods from vendors. Look out across the waters and you'll see a peninsula. This is where Norman Manley International Airport is located. Beyond the airport lies the fishing village of **Port Royal**, once one of the greatest cities in the Caribbean. Nicknamed "the wickedest city in Christendom," Port Royal was a hangout for the pirates of the Caribbean, but their rollicking fun came to a screeching halt on June 7, 1692, when a violent earthquake shook the region and pummeled Port Royal into the sea. Archaeologists have recovered artifacts from the scandalous community and today shoppers can buy reproductions of Port Royal pewter plates and cups from Things Jamaican.

Today plans are underway for big developments in Port Royal, which will once again focus attention on the history of the area. Plans call for protection of the offshore cays, development of an historic interpretive master plan, construction of a cruise ship pier and arrival center, and especially the restoration of many historic buildings such as Fort Charles, the Old Naval Hospital, Victoria and Albert Battery, and more.

For today, however, Port Royal is a quiet stop, just a small fishing village. If you're here at lunchtime, don't miss **Gloria's fish shack**, where you can sit on picnic tables under awning and enjoy fish – fried or steamed.

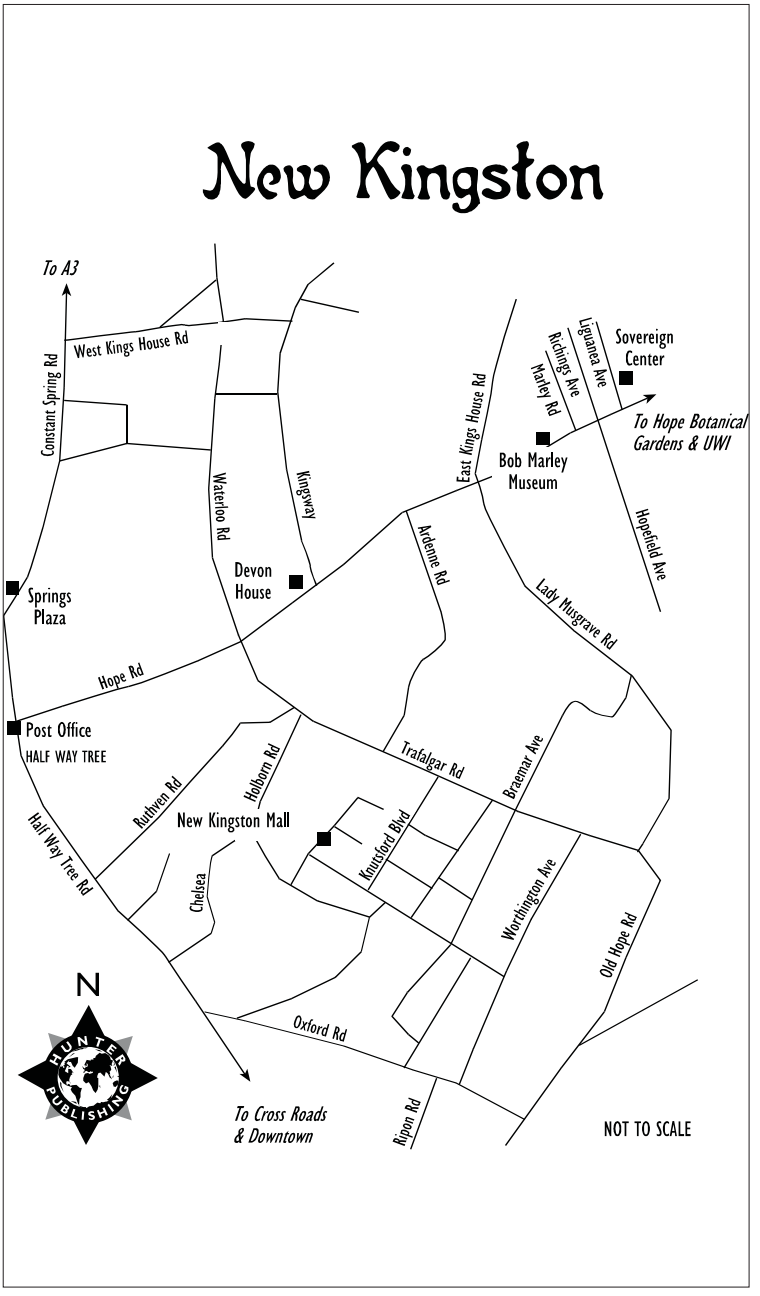
Another nearby city is **Spanish Town**. This was once Santiago de la Vega, the island's capital city under Spanish rule. Those early explorers came to Jamaica in search of precious metals and finally gave up the island to the English in 1655. The city is located 12 miles west of Kingston on A-1, and is an excellent day trip from Kingston for those with an interest in history.

Kingston itself is not one city but a conglomeration of communities and neighborhoods with invisible boundaries that are very clear to those who live here. "I don't go downtown," one taxi driver told us. Although he was a lifelong Kingstonian, he would not travel to this area that has long been plagued by crime.

Avoiding Crime

Just which sections should you avoid? *The worst regions are found in the west and south of the city. Arriving from Spanish Town, the neighborhoods of* ***Six Miles*** *and* ***Riverton City*** *are some of the city's worst. (Our taxi driver warned us if the car broke down in this area, there would be nothing left of it by the time we could come back with a mechanic.) South along the waterfront, Spanish Town Road skirts through the* ***downtown****, a high-crime district where many Kingstonians (including two taxi drivers we rode with) will not visit, day or night.*

Farther east, the business section of downtown is home to many international corporations, consulate offices, banks, insurance companies, and the world-class **Jamaica Convention Centre**. This is the home of the International Seabed Authority, the UN body that creates all laws for the world's seas. This modern center lies along the lovely waterfront on Ocean Boulevard, where parks overlook the harbor and you can enjoy an afternoon with the locals, dining on street food and absorbing the atmosphere.


New Kingston
To A3
West Kings House Rd
Constant Spring Rd
Waterloo Rd
Kingsway
East Kings House Rd
Richings Ave
Liguanea Ave
Sovereign Center
Marley Rd
To Hope Botanical Gardens & UWI
Bob Marley Museum
Hopefield Ave
Ardenne Rd
Lady Musgrave Rd
Devon House
Springs Plaza
Hope Rd
Post Office
HALF WAY TREE
Trafalgar Rd
Braemar Ave
Holborn Rd
Ruthven Rd
New Kingston Mall
Knutsford Blvd
Half Way Tree Rd
Chelsea
Worthington Ave
Old Hope Rd
N
HUNTER PUBLISHING
Oxford Rd
To Cross Roads & Downtown
Ripon Rd
NOT TO SCALE

This area is generally safe during weekday business hours, but when 5 o'clock rolls around it takes on the feeling of a ghost town as business people head back up into the safety of the hills.

Most Kingston travelers spend their time in **New Kingston**, located north of the downtown area. Bounded by Old Hope Road on the east side and Half Way Tree Road (which changes to Constant Spring Road) on the west, the main thoroughfare through New Kingston is Hope Road. Here you'll find the modern convention hotels, restaurants, and nightclubs preferred by most of the city's visitors.

North of New Kingston lies the city's most beautiful area. Magnificent homes are par for the course in the **Constant Springs** neighborhood. Stunning vistas are found here, especially in the early evening when the city lights come out.

East of Kingston, the views are even more spectacular, both day and night. Follow Hope Road past the University of the West Indies as it becomes Gordon Town Road and curls its way up into the Blue Mountains.

> ☼ ***TIP:*** *Hire a good driver for this stretch of Colorado Rockies-type road. You'll soon learn that drop-offs are sheer and there are no guardrails to protect you from going over the edge!*

Wherever you travel in Kingston, expect to find cuisine from around the globe. This wealth of dining options is partly due to the 35 international embassies and consulates, the largest number found in the Caribbean, based right in this city.

Recommended Restaurants

ALEXANDER'S, $$
The Courtleigh Hotel and Suites
85 Knutsford Boulevard, New Kingston
☎ 876/929-9000
Dress code: business or casually elegant
Reservations: not needed

☼ Alexander's is an unpretentious restaurant frequented by business people. Located just off the hotel lobby, this sunny restaurant is decorated in tropical tones. It presents a mix of menu offerings, including seafood and pastas.

We enjoyed a delightful dinner here one spring evening. The restaurant was filled with the movers and shakers of Kingston's business world, many dining with clients who were guests at the hotel, and the atmosphere was ripe with corporate talk. We began with a spicy callaloo soup, seasoned to perfection, and then moved onto entrées that included grouper and jerk chicken.

We recommend this restaurant for a business lunch or dinner. It's well located for those staying at either the Hilton or Le Meridien Jamaica Pegasus. Open daily for lunch and dinner.

BLUE MOUNTAIN INN, $$$-$$$$
Gordon Town Road, ☎ 876/927-1700 or 2606
Dress code: jacket required
Reservations: required

☼ Reservations are required for this beautiful eatery situated half an hour out of Kingston in the misty Blue Mountains. Tucked behind a bougainvillea-draped entrance, an English inn atmosphere prevails. The menu features beef and seafood. Classic white-glove service makes this a truly elegant evening. We recommend this often-lauded eatery for

those seeking a romantic evening that combines the talents of a professional chef with the bounty of Jamaica. Save it for your best night out. Open for dinner only.

DEVONSHIRE, $$$-$$$$
Devon House, 26 Hope Road, ☎ 876/929-7046
Dress code: casually elegant
Reservations: recommended

Dine on the open-air patio at this garden eatery. The menu offerings include gourmet seafood and steak.

EL DORADO RESTAURANT, $$-$$$
Terra Nova Hotel
17 Waterloo Road, New Kingston
☎ 876/926-9334 or 2211
Dress code: dressy
Reservations: recommended

El Dorado is the fine dining option at Terra Nova, known for its seafood as well as steaks. The air-conditioned restaurant is a favorite meeting place for the power lunch crowd. Open noon to 2:30 for lunch and 7pm to 11pm for dinner.

HOTEL FOUR SEASONS, $$
18 Ruthven Road, ☎ 876/926-8805
Dress code: casually elegant or dressy
Reservations: suggested

A favorite with locals, this longtime eatery serves up Jamaican and continental fare. The restaurant's bar is decorated in the style of a traditional pub with rich, dark woods and a club-like atmosphere. The restaurant, although rather tired looking, features chandeliers, gilded walls, and a burgundy carpet. Because of its location, this is a favorite with the Kingstonian business world.

There's a daily lunch buffet; typical menu offerings include sirloin steak, pork chops, wienerschnitzel, filet of snapper, and local seafood.

GROG SHOPPE, $-$$
Devon House, 26 Hope Road, ☎ 876/929-7027
Dress code: casually elegant
Reservations: suggested

This excellent restaurant offers both indoor and open-air seating in a pub-like setting. Just steps from Devon House itself, the menu here has diverse offerings, ranging from pub lunches (roast beef or corned tongue) to fish dishes (escovitch fish, or steamed fish in white wine, onions, tomatoes, and herbs). Many Jamaican specialties are also available, including curried goat, ackee and saltfish, roast suckling pig, baked crab backs, curried chicken, jerked chicken, and stuffed cho-cho.

Grog Shoppe Sample Dinner Menu

- SOUPS: Pumpkin; pepperpot; soup du jour.
- SALAD BAR (Monday through Friday): Chicken salad with a light mayonnaise and mustard dressing; chef's salad; marinated rainbow pasta tossed in a light vinaigrette of oregano and special seasonings, with ham or chicken; tropical fruit plate; choice of fresh fruits in season.
- CREPES: Delicate thin pancakes with your choice of filling (mushroom and cheese; chicken and pineapple; seasoned callaloo). Served with tossed salad and freshly made garlic bread.
- QUICHE: Freshly baked quiche (ackee, callaloo, seafood) with tossed green salad and freshly baked garlic bread.
- PUB LUNCH SANDWICHES: Help yourself from the selection of meats – ham, roast beef, corned beef, corned tongue, pastrami, spicy chicken roll, combination of all. Each available with choice of soup.
- JAMAICAN SPECIALTIES: Goat simmered in Jamaican curry and spices with spinners, potatoes, and carrots; ackee and saltfish, the national dish, served with yam, green bananas, dumplings, and plantain; freshly roasted suckling pig seasoned to perfection; baked crab backs; chicken simmered in curry, spices, spinners, diced potatoes, and carrots; spicy jerked

chicken with roast yam or hardo bread; stuffed cho-cho with spicy crab meat au gratin.

- FISH DISHES: Catch of the day, fried, served with escovitch sauce and fried bammy; fillets of freshwater snapper; escovitch fish, pan-fried and smothered in onions, peppers, carrots, cho-cho and cane vinegar; fish simmered in white wine, onions, tomatoes, and herbs; sweet and sour fish.
- CHICKEN DISHES: Fried chicken – a specialty; tender fillets of chicken pan-fried and smothered in onions, pepper, carrots, and cho-cho in cane vinegar; sweet and sour chicken; barbecue chicken in homemade sauce.
- FROM THE GRILL: Grilled lobster (available July through March), an all-time favorite from Rocky Point served with butter sauce, onions, and a sprinkling of tarragon; shrimp kebabs with onions, sweet pepper, and tomato; fillet of snapper, topped with garlic butter and onions; minute steak; succulent leg of lamb seasoned with Jamaican herbs.

HOT POT, $-$$
2 Alamont Terrace, ☎ 876/929-3906
Dress code: casual
Reservations: not needed

This favorite local hangout is open for three meals a day: Jamaican favorites such as ackee and codfish, rundown, and escovitch fish. Wash it all down with fresh juices – tamarind, coconut water, and, if you visit during the holiday season, sorrel.

We recommend this popular eatery for those who want a real taste of Jamaican food and a genuine Jamaican atmosphere to match.

I SCREAM, $
Devon House, 26 Hope Road, New Kingston
Dress code: casual
Reservations: not needed

Okay, we normally wouldn't put an ice cream parlor in a restaurant section, but I Scream doesn't serve up your typical dairy dessert. Here you can find grapenut, guava, mango, soursop, and even Devon Stout ice creams. Need we say more?

ISABELLA'S RESTAURANT, $$-$$$
Crowne Plaza, 211 Constant Spring Road
New Kingston, ☎ 876/925-7676
Dress code: Casually elegant
Reservations: suggested for dinner

Perched above the city, the Crowne Plaza has an excellent view of the city lights and diners at Isabella's Restaurant enjoy the view from either indoor or outdoor tables. Inside, the restaurant is filled with the work of local artists and paintings of the Blue Mountains. American, African, and Asian dishes with a Jamaican flair fill the menu. The restaurant is adding a wine cellar with international selections.

Isabella's Sample Dinner Menu

- APPETIZERS: Mushroom caps filled with jerk chicken; coconut king prawns served with paw-paw chutney.
- SOUPS: Seafood chowder; lamb and lentil; pine nut cream with callaloo.
- SALADS: Isabella's Caesar; field greens; smoked chicken.
- PASTA: Isabella's pasta primavera; seafood fettuccine.
- FISH AND SEAFOOD: Broiled lobster or lobster Newburgh; catch of the day with lime-curry sauce; salmon fillet with banana-mango chutney.
- CHICKEN: Mediterranean chicken; chicken breast Florentine; roasted chicken with honey-red pepper sauce.

- OTHER MEATS: Beef stroganoff Don Roberto; guava pork chops; filet mignon with bearnaise sauce.

Entrées are served with two of the following choices: steamed seasonal vegetables, stir-fried seasonal vegetables, baked potato, pumpkin rice.

Along with its range of continental fare, the restaurant also offers a **Chef's Selection Menu** with local specialties:

- APPETIZERS: Island vegetable strudel; ackee and vegetables wrapped in phyllo dough, callaloo and cream sauce; smoked marlin; pickled onions, papaya, capers and toast; stuffed and baked crab backs.
- SOUP: Island pumpkin soup.
- SALADS: Lobster "Fort Belle," lobster with marinated vegetables.
- ENTREES: Curried chicken or lobster; escovitch fish; broiled fish; grilled chicken breast stuffed with callaloo, coconut sauce, fresh market vegetables, and mashed yam; grilled salmon steak in an herb and callaloo cream sauce; grilled sirloin steak herb butter or pepper corn sauce.

IVOR GUEST HOUSE, $$$$
Jack's Hill, ☎ 876/702-0510 or 0276
Dress code: elegant
Reservations: required

Perched above Kingston, the Ivor Guest House has a beautiful view of the city and a menu to match. Look for international dishes spiced with a Jamaican hand. Some typical dishes include lemon and thyme chicken rolls, Oriental grilled fillet of snapper, stuffed crab, pork tenderloin with spicy apricot glaze, and cappuccino crême caramel.

It's all served in an 1870s home filled with period antiques. Reservations are essential.

JADE GARDEN, $$-$$$
106 Hope Road
☎ 876/978-3476 or 3479
Dress code: casually elegant
Reservations: recommended

☼ When you're ready for a break from continental or Jamaican dishes, this elegant restaurant serves up Cantonese and Thai delights. Don't miss the dim sum on Sunday afternoons.

LA BRASSERIE, $$$
Le Meridien Jamaica Pegasus
81 Knutsford Boulevard, New Kingston
☎ 876/926-3690
Dress code: casually elegant
Reservations: suggested for dinner

☼ Lunch buffets are the specialty of the house at this eatery that's favored by the movers and shakers of Kingston. On Monday, tenderloin, rib eye, sirloin, and striploin lead the carvery menu at the lunch buffet. On Tuesdays, Jamaican dishes draw in diners, while on Wednesdays look for Indian specialties. Thursdays feature Oriental dishes and seafood tops the list on Fridays. Diners can chose from al fresco tables or indoor comfort; the buffets run from noon to 3pm.

LA FRESCA BAR AND GRILL, $$$
Terra Nova Hotel, 17 Waterloo Road, New Kingston
☎ 876/926-9334 or 2211
Dress code: dressy
Reservations: recommended

☼ We enjoyed an elegant dinner at La Fresca just days before Christmas one year. It was the last night of our stay in Jamaica, and we dined outside on the Great House verandah. Local residents, decked in their holiday splendor, filled most tables. The restaurant and the hotel were lit by tiny white lights and the whole evening was one we'll never forget.

The menu offerings here are more simple than that of El Dorado restaurant, with choices such as Middle Quarters peppered shrimp, Rocky Point grilled lobster tail, Port Royal fried fish, or Port Morant crabs.

La Fresca's Seafood Sizzler

Every Thursday evening La Fresca presents special seafood fare from 7pm-11pm. Tempting dishes include Jamaican fish soup; Pedro Keys conch fritters; Port Morant crabs; Old Harbor escovitch fish with bammy or festival; Rocky Point grilled lobster tail; Middle Quarters peppered shrimp; Port Royal fried fish; combination platter with lobster.

Dessert might be cheesecake, tropical fruit gâteau, ice cream or fresh fruits.

THE ORCHID ROOM, $$
Devon House, 26 Hope Road
☎ 876/968-2098
Dress code: casually elegant or dressy
Reservations: recommended

Authentic Thai cuisine is served at this dinner-only restaurant. Pad Thai, pepper steak, curried dishes, stir-fried chicken, and satay fill the menu.

PALM COURT, $$$$
Hilton New Kingston, 77 Knutsford Boulevard
New Kingston, ☎ 876/926-5430
Dress code: business or casually elegant
Reservations: suggested

The hotel's fine dining restaurant, located on the mezzanine level, is known for its pasta bar and seafood offerings.

The Greek-Jamaican chef combines cuisines and creates unique offerings such as roti filled with shrimp and scallops and rasta pasta. On Wednesday evenings the restaurant features Red Stripe barbecued chicken, jerk chicken, and curried goat.

PEPPERS, $-$$
31 Upper Waterloo Road, Kingston
☎ 876/969-2421
Dress code: casual
Reservations: not needed

☼ Want to feel like a Kingstonian? Then do like the locals do and head to this casual restaurant. Grab a picnic table and order up some jerk and a Red Stripe. The restaurant is an open-air affair, completely casual. Specialties of the house include jerk chicken, jerk pork, and jerk fish. Garlic crab and grilled lobster are other favorites, and all orders come with a tasty soup.

Along with the restaurant, you'll find two bars here as well as a dance floor. The site is a popular after-work stop. Peppers offers seafood on Wednesday and Friday nights, wine and cheese accompanied by live country music on Tuesday, karaoke on Thursdays, and oldies tunes on Sunday evenings. Like the Hot Pot, we recommend this casual eatery for a real taste of Jamaican food and a real Jamaican atmosphere.

PORT ROYAL RESTAURANT, $$-$$$
Le Meridien Jamaica Pegasus
81 Knutsford Boulevard, New Kingston
☎ 876/929-0593
Dress code: Casually elegant
Reservations: suggested

☼ This hotel restaurant, on the main floor just off the lobby, serves up steamed lobster, sirloin steak, and snapper in a relaxing atmosphere. The restaurant is decorated in a nautical style, a reminder of the eatery's namesake, the community of Port Royal that vanished into the sea following an earthquake.

STRAWBERRY HILL, $$-$$$
New Castle Road, Irishtown
St. Andrew, ☎ 876/944-8400
Dress code: casually elegant
Reservations: recommended

☼ The open-air restaurant at Strawberry Hill serves up a continental breakfast daily followed by lunch and dinner featuring "new Jamaican cuisine." These innovative dishes

are the creation of Jamaican-born Chef James Palmer. This new twist on traditional island food conjures up dishes such as jerk lamb loin with a roasted garlic-guava glaze, mashed potatoes and green plantains, pan-seared herb-crusted grouper fillet, and coconut curried shrimp. During a recent lunch on a cool, misty mountain day, we dined on spicy jerk chicken served up with a superb Jamaican curry pumpkin soup. Delicious!

Strawberry Hill Sample Dinner Menu

- APPETIZERS: Jamaican curry pumpkin soup with garlic bread; Blue Mountain walnut-crusted goat cheese on a bed of mixed organic leaves tossed in honey-balsamic vinaigrette with roasted peppers; oakwood-smoked marlin with pickled onion and pear guacamole.
- ENTREES: Blackened sirloin steak with red onion marmalade and red wine sauce; grilled jumbo shrimp brushed with rum molasses and served on a bed of pineapple papaya salsa; Pedro Cay seafood pot with lobster, shrimp, mussels and fish sautéed in white wine herb garlic and Jamaican annatto; grilled chicken breast with roast corn, garlic mashed potato and pan gravy.
- DESSERT: Made fresh daily. Blue Mountain coffee and assorted teas.

Strawberry Hill's Sunday brunch is a Kingston event; look for diners in their Sunday best at this popular happening.

The restaurant also offers a lighter spa menu. Items such as grilled yellowtail snapper with mushroom tomato broth, herb-roasted potatoes, or free-range grilled chicken breast on a bed of steamed callaloo with peanut wine sauce liven the palate without adding unnecessary calories or fat.

We recommend this restaurant both for its spectacular view and for its innovative cuisine.

Dasheen Gnocchi & Marinara Sauce, Strawberry Hill

Dasheen Gnocchi

- *1 pound dasheen, peeled and cut into 2-inch pieces*
- *1 pound sweet potatoes, peeled, cut into 2-inch pieces*
- *Coarse salt, for boiling water and to taste*
- *2 teaspoons olive oil*
- *2 tablespoons basil, finely chopped*
- *1 teaspoon minced garlic*
- *¼ cup dry white wine*
- *1 cup finely chopped tomatoes*
- *½ cup marinara sauce (recipe follows)*
- *Freshly ground pepper*
- *2 large eggs, lightly beaten*
- *½ teaspoon freshly grated nutmeg*
- *1 cup all-purpose flour*
- *Grated parmesan, for garnish*

Place dasheen and sweet potato in salted water to cover. Bring to a boil and simmer until fork-tender (about 30 minutes). Meanwhile, heat olive oil in a large skillet. Add basil and garlic; cook one to two minutes. Remove skillet from heat, and add white wine and tomatoes. Return to heat and simmer about one minute. Stir in marinara sauce; season with salt and pepper. Keep warm.

Bring another large pot of salted water to a boil. Drain dasheen and sweet potato, and pass through a ricer into a large bowl. Add eggs and nutmeg; season with salt and pepper, and stir to combine. Slowly add flour, stirring until fully incorporated.

Using two wet teaspoons, dip out a rounded spoonful of the gnocchi mixture. Place the second spoon on top of the gnocchi mixture, using the lower spoon to smooth the base of the mixture. Slide the second spoon under the gnocchi to release it into the boiling water. Cook until the gnocchi rise to the top and float (about five minutes). Drain, and add to skillet with marinara sauce, tossing to coat. Serve with grated parmesan. *Serves two as first course.*

Marinara Sauce

- *½ cup olive oil*
- *¼ cup chopped onion*
- *4 cloves garlic, minced*
- *1 tablespoon chopped basil*
- *¼ cup white wine*
- *4 pounds tomatoes, diced*
- *1 tablespoon light-brown sugar*

Heat olive oil in a medium saucepan over medium heat. Add onion, garlic, and basil. Cook until onions are translucent (three to four minutes). Remove pan from heat, and add white wine. Return to heat, adding tomatoes and brown sugar. Reduce heat to medium-low and simmer until thick (1-1½ minutes).

TERRACE RESTAURANT, $$-$$$
Terra Nova Hotel, 17 Waterloo Road
New Kingston, ☎ 876/926-9334 or 2211
Dress code: dressy
Reservations: recommended

The Terrace serves up high tea on Thursday afternoons from 5pm to 7pm. With the sound of piano music in the background, pastries and finger sandwiches are served by a white-gloved staff. The site also hosts Sunday buffet from 9am to 3pm.

Where To Stay

Hotels

THE COURTLEIGH HOTEL AND SUITES, $$
85 Knutsford Boulevard, New Kingston
☎ 876/929-9000, fax 876/926-7744

This hotel is a new addition in the business district, although The Courtleigh name has been familiar to

Kingston visitors for many years. Originally located a short distance from its present site, the family-owned hotel relocated to this 10-story location. The 118-room hotel is aimed at business travelers and its rooms offer all the comforts of home. The hotel includes a restaurant (Alexander's, see *Recommended Restaurants*), nightclub and also a fitness center. Golf, squash, and tennis can be arranged.

CROWNE PLAZA KINGSTON, $$
211 Constant Spring Road, New Kingston
☎ 800/618-6534 or 876/925-7676, fax 925-5757

☼ This fairly new business hotel is perched in the hills just north of New Kingston in the neighborhood of Constant Spring. Many rooms have views of the city and all usual amenities. Guests can enjoy indoor or outdoor dining at Isabella's (see *Recommended Restaurants*), which offers a great city view.

HILTON NEW KINGSTON, $$-$$$
77 Knutsford Boulevard, New Kingston
☎ 876/926-5430, fax 876/929-7439

☼ Sporting a new $15 million renovation, this business hotel has enough facilities to keep most travelers happy, including an Olympic-size swimming pool, tennis (with a resident pro to give you pointers), health club, sauna, and more. The hotel (formerly the Wyndham New Kingston) offers 303 guest rooms. Our favorites are the 95 poolside rooms which offer a more relaxed, resort-like atmosphere away from the 17-story tower.

LE MERIDIEN JAMAICA PEGASUS, $$
81 Knutsford Boulevard, New Kingston
☎ 876/929-0593, fax 876/929-5855

☼ The Pegasus is situated right in the heart of New Kingston, within walking distance of The Courtleigh and the Hilton Kingston Hotel. The 17-floor hotel includes 350 guest rooms, each with balcony, satellite TV, hairdryer, safe, two direct dial phones, and coffeemaker. Upgraded rooms are found on the floors set aside for the Knutsford Club. Club

members are treated to separate check-in, afternoon snacks, and upgraded amenities.

We thought the best aspect of the Pegasus was its pool. Large and deep, it lies just behind the property and offers a quiet afternoon getaway with scarcely any traffic noise. Tennis courts and jogging trails are also found on the property.

Intimate Inns

STRAWBERRY HILL, $$$-$$$$
New Castle Road, Irishtown
☎ *876/944-8400 or 800/OUTPOST, fax 876/944-8408*
www.islandlife.com

Just a look at the wine list in the room service menu and you know this is no ordinary island resort. Louis Roderer Cristal 1988, almost $400 a bottle. Jordan Chardonnay, 1994, over $100. Baron Philippe de Rothschild, Robert Mondavi, Opus One, close to $300. Dom Perignon 1988, over $200 worth of bubbles.

The rich vintages complement the elegant atmosphere of this mountainside resort, perched 3,100 feet above sea level. From this lofty perch, the sprawling retreat looks down on the lights of Kingston, but the atmosphere here is pure nature. Jamaica's doctor bird, a hummingbird with an unbelievable plume tail, flits through the trees. A morning mist hangs over the mahogany trees. The sounds of day-to-day life in small neighboring villages wafts up from the surrounding valleys.

This resort is one of the Island Outpost properties owned by Chris Blackwell, founder of Island Records, the record label of the late Bob Marley (the reggae singer once recuperated at this site after he was shot in 1976), as well as Melissa Manchester and Robert Palmer. Like other Island Outposts, this property is exclusive and unique, drawing many celebrities. (During our stay, models Kate Moss and Naomi Campbell were also guests.)

The resort is composed of 12 wooden villas, each filled with antique Jamaican decor. The villas look out on the Blue Mountains from bedrooms, living rooms, and expansive porches. We spent part of our time just lazing about on an oversized hammock on our porch.

Every room includes electric mattress pads to warm up the bed on chilly evenings, mosquito-netted mahogany four-poster beds, stocked kitchenettes, coffeemakers, televisions, VCRs (videos are available for loan), and even CD players with a full array of CDs (OK, some of them are Island Record productions, but they fit the tone of the place).

In January 1998, Strawberry Hill opened a new Aveda Spa, with massage, hydrotherapy, facials, and body care treatments. We enjoyed pedicures, manicures, and a splendid facial in this newly constructed facility. And, at the end of the day, guests can enjoy spa cuisine or Jamaican dishes with a light touch in the resort restaurant (see *Recommended Restaurants*).

Coconut Curry Shrimp with Sauce, Strawberry Hill

❁ Executive Chef James Palmer serves up this delightful dish as a first course.

- *2 tablespoons olive oil*
- *8 extra large or jumbo shrimp, peeled and deveined with the tail section left on*
- *Coarse salt and freshly ground pepper, to taste*
- *1 tablespoon finely chopped basil*
- *¼ Scotch bonnet pepper, seeded and julienne*
- *2 cloves garlic, finely chopped*
- *½ small onion, chopped*
- *¼ cup dry white wine*
- *2 tablespoons curry sauce (recipe follows)*
- *½ cup unsweetened coconut milk*
- *1 coconut, halved*
- *1½ cups cooked white rice*
- *Plantain chips, for garnish (optional)*

Heat olive oil in a large skillet over high heat. Add the shrimp, and season with salt and pepper. Cook until golden brown (one to two minutes). Add the basil, Scotch bonnet, garlic, and onion, stirring shrimp to coat. Remove skillet from heat, and add the wine. Return to heat, and add curry sauce and coconut milk. Cook, stirring until the sauce coats the back of a spoon (three to five minutes).

Place ¾ cup of rice in each coconut half. Place four shrimp on the rice, and top with coconut curry sauce. Garnish with fried plantains and fried ginger. Serve immediately. *Serves two as first course.*

Curry Sauce

- *½ cup vegetable oil*
- *2 tablespoons curry powder*
- *1 large onion, chopped*
- *1 clove garlic, finely chopped*
- *1 green bell pepper, seeded and finely chopped*
- *1 scallion, trimmed and finely chopped*
- *1 sprig thyme*
- *6 ounces unsweetened coconut milk*

Heat the oil in a small, heavy-bottom saucepan over low heat. Add curry powder and cook for three minutes, stirring constantly. Add onion, garlic, bell pepper, scallion, and sprig of thyme. Cook until vegetables are soft (three to five minutes). Add three cups water and simmer over low heat for one hour. Add the coconut milk and stir until well combined. Strain into a small saucepan and continue cooking until reduced (the sauce should thickly coat the back of a spoon after eight to 10 minutes). May be stored, covered, in refrigerator for up to one week. Makes ¾ cup.

TERRA NOVA, $$
17 Waterloo Road, New Kingston
☎ *876/926-9334, fax 876/929-4933*
www.cariboutpost.com/terra_nova

Terra Nova is New Kingston at its very best: formal, traditional, and oh-so Jamaican. Unlike the modern high-rises also found in this business district, Terra Nova carries

on the legacy of Old Jamaica with classical mahogany furniture, fine art, and a wonderful atmosphere.

There are only 35 guest rooms at this intimate property, which is a favorite with those who have been coming to Kingston for many years. The property was first a colonial mansion, the family home of Chris Blackwell years ago.

We checked into Terra Nova late one December night and found the hotel decorated with tiny lights. A huge Christmas tree filled the lobby with holiday spirit. The hotel includes three excellent restaurants: El Dorado, La Fresca, and Terrace Restaurant.

Between Meals

☼ Beyond the hustle and bustle, Kingston is a city with its own particular style and plenty of attractions.

Bob Marley Museum
56 Hope Road
☎ 876/927-9152
Admission: fee
Hours: 9am-5pm, Monday, Tuesday, Thursday, and Friday; 12:30pm-5pm, Wednesday and Saturday.
Marley fans shouldn't miss this shrine to the legendary reggae superstar housed in the musician's home. A visit here includes a tour and a movie about Marley's life.

Caymanas Park Race Track
☎ 876/988-2523
Races are held on Wednesday, Saturday, and on public holidays, 12:30pm to 6pm. The track is a favorite with locals and visitors looking for exciting horseraces.

Devon House
26 Hope Road
☎ 876/929-6602
Admission: fee
Hours: 9am-5pm, Tuesday-Saturday

This restored great house is located in the heart of New Kingston, near the Terra Nova Hotel. The home was built in 1889 for 10,000 pounds by a Venezuelan gold millionaire. The family lived in the home until the 1920s. Today the historic structure is filled with antiques and antique reproductions from the 1880s (done by Things Jamaican). Tours are given every 15 minutes and include a look at the master bedroom, the sewing room with an illegal gambling room upstairs (the stairs are hidden in the ceiling), a sunny ballroom with relief ceiling, original chandelier, and an English piano.

Guardsman's "Serenity" Fishing & Wildlife Sanctuary
From Kingston, take A1/A2 west through Spanish Town and past Innswood. In Guttere, turn right at the Texaco station. 40 mins. driving time.
Hours: Daily
Admission: fee
A popular new stop with Kingston school groups, this sanctuary was established by the executive chairman of the Guardsman Group, a security company in Kingston. A visit to the site starts with a tractor ride through mango orchards and vegetable plots then a visit to the animal collection of exotic birds and a petting zoo.

Food lovers will be interested in the sanctuary for another reason: the restaurant here serves local dishes for lunch and dinner. You can even fish for red tilapia and have the restaurant clean and bag your catch. Curried goat, barbecue or jerk chicken, oxtail, and other local dishes are available for $8-$10; have your fish cleaned for $4 per pound.

Hope Botanical Gardens and Zoo
Hope Road, next to the University of the West Indies Mona campus
☎ 876/927-1257
Hours: 10am-5pm, daily
Admission: fee
This 50-acre getaway is the largest botanical garden in the West Indies. The small zoo features Caribbean wildlife.

Jamaica Conference Centre
Duke Street
☎ 876/922-9160-9
Hours: call for tour
Admission: fee
We normally wouldn't point travelers to a conference center, but this modern facility is an attraction in itself. The center is home to the UN body that creates the laws of the seas throughout the world.

World's End Ltd.
☎ 876/977-5941 or 929-3564
Hours: 10am-4pm, Monday-Friday;
12pm-4pm, Saturday and Sunday.
This tour is a favorite with anyone who appreciates fine Jamaican liqueurs. World's End produces Sangster's Old Jamaican Liqueurs high in the Blue Mountains. Tours of the factory are offered, followed by tastings of the potent and well-respected product. This stop is also recommended for birders, who can spot Jamaica's national bird, the doctor bird, here as well as many other species.

Working Off Those Meals

Golf

Kingston visitors have two choices for golf. **Caymanas** was Jamaica's first major championship 18-hole course and is six miles west of Kingston. A round of golf costs $53; rentals are available. Facilities include a snack bar and pro shop. For information, ☎ 876/997-8026.

Since the 1920s, **Constant Spring** has offered 18 holes. The short course is easy for business travelers who don't have

time to drive out to Caymanas. A round costs $35; rentals are available. Facilities include a clubhouse, restaurant, bar, and pro shop. For information, ☎ 876/924-1610.

Tennis

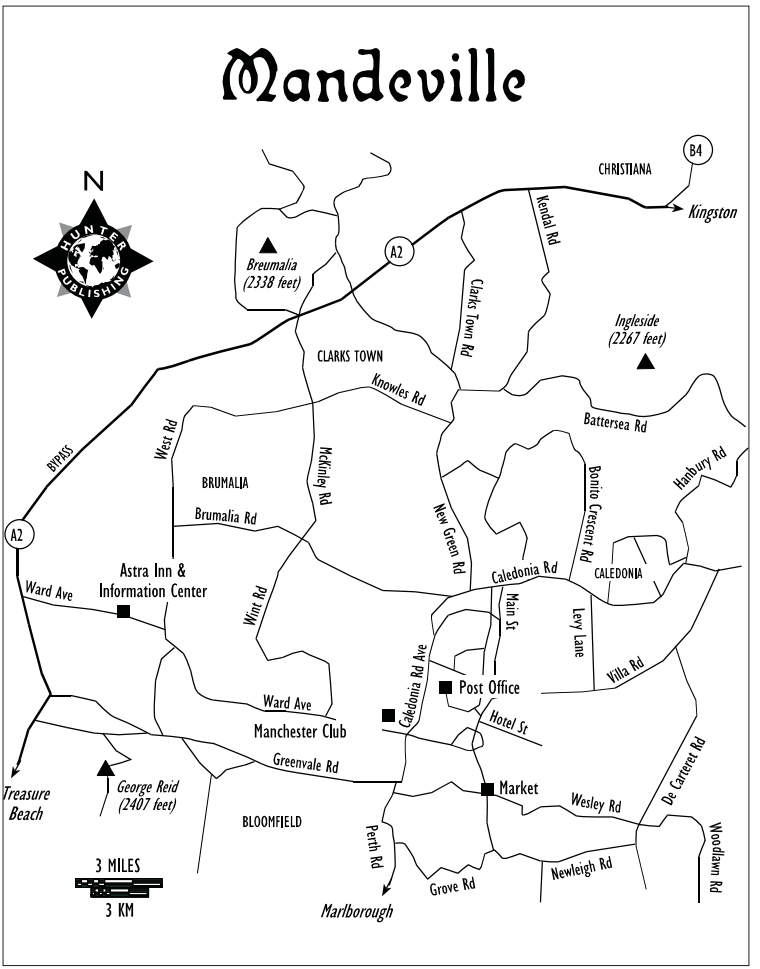
Tennis players can test their skills at several courts, including the **Crowne Plaza** (☎ 876/925-7676), **Le Meridien Pegasus** (☎ 876/926-3690), and the **Hilton New Kingston** (☎ 876/926-5430).

Shopping

One of the top shopping areas for visitors is **Devon House.** Surrounding the great house are numerous boutiques offering everything from Jamaican artwork to jerk sauces. **Things Jamaican** is one of the best stores for those looking to take back a taste of Jamaica. This shop sells sauces, cookbooks, and even pewterware that reproduces patterns recovered by archaeologists at Port Royal. For more resources that will enable you to bring Jamaica home with you, see the *Appendix*.

A **Things Jamaican** shop is also found at the Norman Manley International Airport. Here shoppers can buy some last-minute coffee supplies at **The Coffee Mill**, which also sells teas and sauces. **Two Hampers and a Mule** is another excellent stop and offers local artwork, cookbooks, and more.

> ☼ ***TIP:*** *For those want to forgo airplane food, a snack bar offers excellent Jamaican patties (and even sells them by the dozen for those who want to bring home a Jamaican treat).*


Mandeville
N
HUNTER PUBLISHING
CHRISTIANA
B4
Kingston
Kendal Rd
A2
Breumalia (2338 feet)
Clarks Town Rd
Ingleside (2267 feet)
CLARKS TOWN
Knowles Rd
Battersea Rd
BYPASS
West Rd
McKinley Rd
BRUMALIA
Brumalia Rd
New Green Rd
Bonito Crescent Rd
Hanbury Rd
A2
Astra Inn & Information Center
Ward Ave
Caledonia Rd
CALEDONIA
Wint Rd
Main St
Levy Lane
Villa Rd
Caledonia Rd Ave
Post Office
Hotel St
Ward Ave
Manchester Club
Greenvale Rd
Treasure Beach
George Reid (2407 feet)
Market
Wesley Rd
De Carteret Rd
BLOOMFIELD
Perth Rd
Grove Rd
Newleigh Rd
Woodlawn Rd
3 MILES
3 KM
Marlborough

Mandeville & The South Coast

Palatial mansions overlook fog-shrouded mountains. Cool, misty mornings encourage an early jog. Some evenings a slight chill in the air brings travelers to pull a light wrap or jacket from their bags.

This might sound like a California retreat – complete with swimmin' pools and movie stars – but, make no mistake, this is no Beverly Hills. Welcome to Jamaica, to a region where sun, sand, and surf give way to a Jamaica untouched by expansive resorts, limbo contests, and vendors' markets.

We came to Mandeville from Negril, winding along a road that skirted the coast before heading inland toward the Don Figuero Mountains. With every switchback, we ventured farther and farther from the boisterous resort and closer to a region that presents the dignified, proper side of the island.

History

Mandeville is perched at an elevation of 2,000 feet above sea level, ensuring cooler days and nights than in the island's coastal communities. With its cool climate, the region

first appealed to Jamaica's English settlers, who came here to escape the heat and settled the town in 1816. An English-style town took shape, with a central square and clock tower. Small hotels arose to serve the expatriates and the travelers who came to do business in the area's bauxite industry.

But in the 1950s, Jamaica's other assets, its beautiful beaches and coastal areas, began to outshine this getaway. Tourism in Mandeville declined, although the area became a favorite with Jamaicans who had lived abroad and returned to retire, some building truly palatial homes.

Today Mandeville is in sharp contrast to other Jamaican cities. Shiny new fast food outlets stand on clean, modern streets. Jamaica's omnipresent burglar bars are missing from many residences. Massive homes, as impressive as any along the California coastline, cling to hillsides.

After a look around town, it's easy to see that Mandeville boasts the highest standard of living on the island, as well as the lowest crime rate. Much of the wealth seen in Mandeville comes from Alcan Jamaica, a bauxite plant that's the region's major employer.

While Mandeville has a history as a resort town because of its comfortable weather, the south coast is quickly becoming the newest resort area in Jamaica. From Negril, travel west to the town of **Savannah-la-Mar** (or just Sav-La-Mar if you want to sound like a local).

From Sav-La-Mar to Spanish Town near Kingston, the South Coast stretches like an undiscovered jewel. The seas here are quiet and generally calm, devoid of watercraft activity or bustling resorts. The few guest accommodations are primarily small, locally owned inns.

From Sav-La-Mar, the road winds through quiet fishing villages such as **Black River**. In the parish of St. Elizabeth, travelers find a bounty of experiences including Lovers' Leap, Bamboo Avenue, Y.S. Falls, and Black River Safari Cruise.

In **Middle Quarters**, peppered shrimp are sold on the side of the road by ladies holding out small plastic bags; escovitch fish is another popular favorite.

Nearby in the community of Black River, enjoy the **Black River Safari Cruise**, a popular day trip for Negril vacationers looking for a little respite from sun and sand. The waters here are home to snook and tarpon, some reaching as large as 200 pounds. Spear fishermen, using a snorkel, mask and speargun, swim in the dark river (its waters stained by peat deposits) to bring in the day's catch. But the biggest attraction on the Black River are the **crocodiles**. Once hunted, these crocodiles are now protected but still remain wary of humans.

Lester the Crocodile

These reptiles can live as long as 100 years, so long that some have become known by local residents. One 15-foot specimen named Lester is seen nightly as he heads out to sea.

Presently, there is no commercial airport in Mandeville. Arriving in Kingston, you'll need to make the two-hour drive to Mandeville. Most travelers arrange for taxi transport.

Recommended Restaurants

BLOOMFIELD GREAT HOUSE, $$-$$$
8 Perth Road, Mandeville, ☎ 876/962-7130, 962-7192
Dress code: dressy
Reservations: suggested

☼ This beautifully restored great house is Mandeville's finest restaurant. Once Bill Laurie's Steakhouse, the build-

ing has been entirely refurbished. Guests can dine outside on an open-air verandah with a spectacular view of the Mandeville lights at night or inside in the antique-filled main dining room. A private dining room for quiet evenings alone or for families is also available. And don't miss the bar, an all-wood affair reminiscent of a century-old pub. Australian and Chilean wines are served in the bar, which is open daily and affords a great view of the city.

Lunch and dinner offerings include an international-Caribbean cuisine. Start with an appetizer of grilled curried shrimp with pineapple-cucumber salsa, shrimp ravioli with smoked marlin cream sauce, or chicken satay with peanut sauce. Entrées include filet mignon with roasted garlic-guava sauce, beef Wellington, seafood kebob, shrimp creole, grilled pork chops stuffed with tropical fruits and served with plum sauce, and blackened snapper filet on a bed of Caribbean salsa. Dinner service – at candlelit tables – is especially elegant and a good choice for romantics. On Sundays, a popular Sunday brunch is served for J$450, including breakfast drinks (mimosa, bloody Mary, coffee), omelets, French toast, ackee and saltfish, scallop fritters, grilled chicken salad, fish and chips, and more.

We recommend this restaurant for its romantic atmosphere, great view, and innovative cuisine.

THE ASTRA COUNTRY INN AND RESTAURANT, $$
62 Ward Avenue
☎ *876/962-7979 or 962-3725, fax 876/962-1461*
Dress code: casually elegant for dinner
Reservations: not needed

☼ A meal at Astra means home cooking at its best. The restaurant is located just past the lobby. Like the hotel itself, it's clean and simple. But there's nothing simple about the dishes this kitchen turns out: these are Jamaican masterpieces, a veritable symphony of tastes played out with island spices and local produce.

We started with pawpaw juice, drawn from the papayas that grow nearby. Thick and pulpy, the sweet start to the meal was a hint at what was to come. Out came salads, a simple

mix of greens highlighted with a homemade peanut dressing. Our entrée was jerk chicken, moist and full of spice.

In later days, we enjoyed several other meals at Astra, starting our day with ackee and saltfish, just right without being overpowering. Callaloo and johnny cake rounded out the plate.

Service at Astra is classic. Owner Diana McIntyre Pike works closely with a tourism training program that puts young islanders in positions suited to their interests.

We recommend Astra for those seeking a real taste of Jamaican home cooking.

A Special Evening

Throughout the years, we had seen fire eaters, limbo dancers, contortionists, and just about every other imaginable island show. When Diana asked if we could join in on a Mandeville cultural night, we were ready for half-naked men, flaming limbo sticks, or, at the very least, flying knives juggled in the evening air. How wrong we were! What we were to experience was a Jamaican evening that no multi-million dollar resort could match.

We arrived at the Astra Hotel and there to greet us was Diana McIntyre Pike, owner and founder of Countrystyle, one of two programs designed to link travelers with Jamaican residents. Diana introduced us to Jasmine Pottinger and her husband, who had recently returned to their homeland after 30 years in London. Jasmine was active in the Return Residents Association, holding teas in her home for residents and visitors.

Then we met Gregory Wilson and his fiancée, a teacher in the local school. Gregory was active in a community youth program, working to find young residents jobs in their area of interest.

For two hours, we dined on Jamaican cuisine – rice and peas, jerk chicken, callaloo – and talked about life in Jamaica, Caribbean politics, and the ways in which our lives were different and, in many ways, similar.

Then Gregory pulled out a folder of papers: the evening's entertainment. A published poet, he shared with the group some of his work, reading in a clear voice poems about English tea, love, and conflict, all with the faint sound of tree frogs piping in the distance.

"I have never seen so much talent as in Jamaica," noted Diana as the evening poems drew to a close. Diana sets up these evenings in small inns throughout the island, giving visitors a peek at the literary and musical talent that the island has to offer. "These shows are a means of getting the best out of our country."

Countering bad publicity and stories of hasslers, drug salesmen, and occasional theft or vandalism, Countrystyle is working hard to show travelers that hasslers are a small minority in the population and also to explain to residents that tourism can enhance their lives and culture. "Our focus has to do with the entire community in every respect because we are protecting the spiritual, economic, and historic aspects of the area," pointed out Diana. "We want tourism to enhance the lives of the people, not change it."

Visitors can call Countrystyle and set up any type of tour or activity that interests them. Recent vacationers have toured private home gardens, enjoyed photo tours with local camera buffs, gone nightclubbing, visited local schools, and stayed in local homes. Countrystyle sets up visits throughout the island. Days after our dinner in Mandeville, Gregory Wilson's poems still echoed in our minds. An evening of shared company gave us a peek at the real Jamaica and stayed with us long after our island tan faded away.

To set up a cultural evening, call ***Countrystyle Vacations and Tours****, ☎ 876/962-3725 or 3377; 800/JAMAICA, fax 876/962-1461. You can also write PO Box 60, 62 Ward Ave., Mandeville, Jamaica.*

☼ ☼ ☼

JAKE'S VILLAGE, $$-$$$
Treasure Beach, ☎ 876/965-0635
Dress code: casual
Reservations: suggested

Guests at Jake's can enjoy Jamaican cuisine in an open-air restaurant. Local dishes such as ackee and saltfish, conch salad, pumpkin soup, and steamed fresh fish.

THE MANCHESTER ARMS PUB AND RESTAURANT, $$
Mandeville Hotel, 4 Hotel Street, ☎ 876/962-2460
Dress code: lunch, casual; dinner, casually elegant
Reservations: not needed

Like a traditional English pub, this dark, cool oasis is an excellent place to meet other travelers and enjoy a cool beer. When you're ready for a meal, dine on Jamaican specialties.

MANDEVILLE HOTEL, $-$$
4 Hotel Street, ☎ 876/962-2460
Dress code: lunch, casual; dinner, casually elegant
Reservations: not needed

Good, traditional Jamaican dishes are the order of the day at this inn located just off the central square.

THE NASTURTIUM ROOM, $$-$$$
Hotel Villa Bella, Christiana
☎ 876/964-2243
Reservations: suggested

This restaurant is open 7am to 10pm daily and features a variety of Jamaican dishes. Start with local favorites such as yardie, pumpkin or pepperpot soup and then move on to a menu that includes chicken Szechuan, chicken marengo in pineapple sauce, chicken teriyaki, lobster fettucine, shrimp creole, sole Villa Bella simmered in coconut milk and spices such as lemon grass, honey-glazed spare ribs, sweet and sour pork, T-bone steak, and more.

Sole Villa Bella

- *2 slices filet of white fish*
- *½ clove crushed garlic*
- *½ teaspoon crushed ginger*
- *3 tablespoons Maggi coconut milk powder*
- *2 stalks lemon grass (fever grass in Jamaica)*
- *2 tablespoons butter*
- *2 tablespoons margarine*
- *Scotch bonnet pepper to taste*

Season fish with salt and pepper; dredge in flour.

Lightly sauté fish filets in margarine until done; remove and place on plate. Add butter to pan and saute the garlic ginger and pepper on low flame. Dissolve the coconut milk powder in 1½ cups of warm water. Add the ginger, pepper, and garlic and reduce to a medium-thick sauce. Add lemon grass and cook for five additional minutes. Add filets, turning them.

Serve with potatoes and okra. Garnish with lemon grass and tomato roses. *Makes two servings.*

YABBA RESTAURANT, $$
Treasure Beach Hotel, Treasure Beach
☎ *876/965-0110*
Dress code: casually elegant
Reservations: not needed

☼ This restaurant serves Jamaican cuisine: fish and lobster, steaks, jerk chicken, and lamb. Many dishes include citrus and vegetables grown on property.

Where To Stay

Hotels

MANDEVILLE HOTEL, $
4 Hotel Street, Box 78, Mandeville
☎ *876/962-2460, fax 876/962-0700*

This is our favorite hotel in Mandeville, a delightful blend of traditional Jamaican elegance and modern comfort and convenience. Just steps from the downtown square, the hotel is located on the site of one of Mandeville's first buildings, a structure used as an officers' quarters and mess in a former "hill station." In 1875 the site became the Waverley Hotel, later changing to the Brooks Hotel before finally becoming the Mandeville Hotel. Operated by Ceceline McIntyre (sister-in-law of Astra and Countryside's Diana McIntyre-Pike), the hotel has a warm and charming atmosphere. Guests can select from 46 rooms, including 17 housekeeping suites with one, two or three bedrooms. The hotel has a nice pool adjacent to the restaurant.

Intimate Inns

THE ASTRA COUNTRY INN AND RESTAURANT, $
62 Ward Avenue, Box 60, Mandeville
☎ *876/962-7979 or 962-3725, fax 876/962-1461*

Astra offers 20 guest rooms, each with air-conditioning and some with kitchenettes. We enjoyed a stay in the housekeeping suite, complete with bedroom, living room with convertible couch, and full kitchen. This isn't the suite of a north coast resort, but for the money and hospitality here, it can't be beat.

HOTEL VILLA BELLA, $
Christiana
☎ *876/964-2243, fax 876/964-2765*

☼ This bed and breakfast is located in the community of Christiana, 13 miles from Mandeville. Perched at 3,000 feet above sea level, it offers the atmosphere of a country inn. Guests select from 18 guest rooms in the two-story inn which also includes six acres of gardens, a reading room, television lounge, the Nasturtium Room restaurant (see *Recommended Restaurants*), cocktail lounge, outdoor garden terrace, gift shop, and, on request, high tea.

Plantain Paradiso, Hotel Villa Bella

- *1 plantain, sliced lengthwise*
- *3 stalks callaloo or spinach*
- *1 stalk fresh chives*
- *2 tablespoons butter*

Fry plantain in oil. Cook both sides until golden brown. Place on plate to drain.

Steam the callaloo and chives in butter. Add salt and pepper to taste. Cook until soft. Drain and place callaloo in plantain slice and roll. Secure with toothpick. Serve with cocktail sauce of choice. *Yields two servings*. ☼

CHEF PROFILE: *Hotel Villa Bella is lucky enough to boast the talents of two chefs. Chef* ***Maureen Mullings****, age 28, has worked at the Hotel Villa Bella for six years. She trained at the Saunders Catering School in Kingston. Mullings is assisted by Junior Chef* ***Jullien Mullings****, who won the 1998 Saboda Award for best plated dessert in the "Taste of Jamaica" competition. His team also won the gold medal.*

FLEUR FLATS, $
10 Coke Drive, PO Box 485, Mandeville
☎ 876/962-1053, fax 876/905-3429

☼There's nothing fancy about Fleur Flats, but if you're interested in an extended stay in the Mandeville area, this is a good choice. These furnished two-bedroom apartments come with the comforts of home and maid service is available.

INVERCAULD GREAT HOUSE AND HOTEL, $
PO Box 12, Black River Post Office
St. Elizabeth, Jamaica, WI
☎ 876/965-2750 or 968-1053, fax 876/965-2751

☼This hotel offers 52 air-conditioned rooms and suites with private bathrooms and balconies. Built over a century ago by a Scottish businessman, the great house recently became a hotel. Dr. Trevor Hamilton, an international businessman born in the area, converted the home into a hotel for visitors looking to enjoy the South Coast.

It's a short walk from the sea or from downtown Black River. Amenities include a restaurant, cocktail bar, swimming pool, tennis, disco, gift shop, and tour desk.

Sweet and Sour Shrimp,
Invercauld Great House and Hotel

Shrimp

- *1 pound shrimp*
- *½ cup all purpose flour*
- *1 egg, beaten*
- *1 cup cooking oil*
- *1 teaspoon salt*
- *1 teaspoon black pepper*
- *½ teaspoon garlic powder*

Sauce

- *1 cup tomato ketchup*
- *1 cup water*
- *3 tablespoons sugar*
- *3 tablespoons vinegar*
- *1 teaspoon corn starch*
- *1 teaspoon onion powder*

Clean and devein shrimp. Wash shrimp in vinegar, then dry. Sprinkle with salt, black pepper, and garlic powder. Dip in beaten egg then roll in flour. Fry in oil until golden brown.

Prepare sauce. Pour tomato ketchup into a saucepan, add water, and boil for two minutes. Add water to cornstarch, stir until starch is dissolved, then add sugar, vinegar, and onion powder. Blend with tomato sauce mixture and allow to boil for 15 minutes. Pour sauce over shrimp. ☼

JAKE'S VILLAGE, $-$$$$
Treasure Beach
☎ *800/OUTPOST, 876/965-0635*
www.islandlife.com

☼ Jake's is a unique property, a place for those really looking to get away from it all and relax to the rhythm of the sea. Beach kitsch could best describe the decor of the resort's eight guest units, each in pale shades of ochre, blue, pink and lavender with tin roofs. Five single cottages and two two-bedroom cottages make up the offerings as well as Abalone, a two-story, three-bedroom guest villa built in the style of a miniature Moroccan palace with terra-cotta walls.

Each of the guest rooms at Jake's is filled with rustic local furniture: cast iron beds and platform beds covered with a veil of mosquito netting. Each room includes a private bathroom and outdoor shower. Rooms are not air-conditioned. Each includes a ceiling fan.

MANDEVILLE GUEST HOUSE, $
Mandeville
☎ *876/962-7979 or 962-3725, fax 876/962-1461*

☼ If you are looking for a homestay, this bed and breakfast offers simple luxury for just $60-$70 a night, including breakfast (dinner can also be arranged). Located on one of Mandeville's hillsides, the seven-bedroom home has cable TV, bathrooms, and nice views.

TREASURE BEACH HOTEL, $
Treasure Beach
☎ *800/742-4276, 876/965-0110, fax 876/965-2544*

☼ This quiet hotel offers air-conditioned rooms right on the beach. The hotel is home to the Yabba Restaurant and near many attractions such as Lovers Leap. Each of the rooms includes a ceiling fan and private verandah. The hotel also offers a pool set in a grove of tall coconut palms.

Between Meals

Appleton Estate
Jamaica Estate Tours, ☎ 876/963-9215 or 876/963-9508, fax 876/963-9218
Admission: fee
Hours: daily except Sundays, 9am-3:30pm
Sugar cane is a major agricultural product in this region and for nearly two and a half centuries Appleton Estate has produced one of the island's top exports. Take a tour of the rum distillery Monday through Saturday; visitors receive a complimentary bottle at the end.

Appleton's Carrot Rum Pudding, Appleton Rum

- *1 pound raisins*
- *3 eggs*
- *½ pint milk*
- *1 teaspoon baking powder*
- *¼ teaspoon nutmeg, grated*
- *2 ounces Appleton Rum, white*
- *2 pounds carrots, grated*
- *½ pound flour*
- *½ pound brown sugar*
- *1 pound currants*
- *½ pound butter*
- *¼ teaspoon mixed spice*

Scrape, wash, and grate carrots. Cream butter and sugar. Add flavoring and spices. Beat eggs until stiff and add to butter and sugar. Add carrots and mix thoroughly. Mix flour with milk and then add currants. Pour into a greased pan and bake in moderate (350□) oven for 30 minutes. Allow pudding to cool in oven. ☼

Bamboo Avenue
On A2 between Lacovia and Middle Quarters
Hours: anytime
Admission: free
Beyond Mandeville's borders, the road west winds along one of Jamaica's most scenic stretches. Bamboo Avenue winds for over two miles, a green tunnel of tall bamboo that arches over the roadway. Along the road's edge, vendors sell chilled young coconuts (jelly coconuts), cracking them with a quick machete chop to reveal the jelly inside.

Bammy Factory
Mandeville, ☎ 876/962-3725 or 962-3265
Hours: Tuesday and Wednesday
Also check with your hotel desk
Bammy is a staple in the Jamaican diet, a delicacy made from the cassava root that dates back to the days of the Arawak Indians. Tours of the Bammy Factory, housed in Mr. Clem Bloomfield's home, are given on Tuesdays and Wednesdays. For tours, contact your hotel desk.

Black River Safari Cruise
Black River
☎ 876/965-2513
Hours: daily
Admission: fee
Another popular Negril day trip, this tour takes travelers up the Black River, at 44 miles the longest river in Jamaica. The waters here are home to snook and tarpon, some reaching as large as 200 pounds. You may see spearfishermen with snorkels, masks and spearguns, in the dark water stained by peat

deposits. The fishermen's canoes are hand-hewn and burned out using a generations-old technique. Among their catch are tiny brine shrimp, sold by women in the St. Elizabeth parish along the roadside. Highly salted and spiced, these are a popular snack with locals and visitors. The biggest attraction on the Black River are the crocodiles.

High Mountain Coffee Factory
☎ *876/963-4211*
Hours: Monday through Friday
Admission: fee
Jamaica's second best-known variety after Blue Mountain, this coffee originates on nearby plantations and is produced here at the factory. Tours can be arranged and guests can stop by the gift shop for a taste of this delicious java.

Jacana Aqua Tours Ltd.
☎ *876/965-2513*
Hours: 8:30am-5pm daily
Admission: fee
Safari boat tour on the Black River. Package includes trip to Y.S. Falls.

Lovers Leap
☎ *876/965-6634*
Hours: Monday through Thursday, 9 to 6;
Friday through Sunday, 9 to 7
Admission: fee
The 1,700-foot cliff drops straight into the sea and provides a romantic vista. Legend has it that at this site a pair of lovers, escaped slaves, leapt to their deaths rather than face capture. Today the spot offers a beautiful view of the coastline and is a favorite stop with travelers in this region. Here you can have a drink at the Toby Bar (try the "lovers' punch") or dine at the Chardley Restaurant. Tours of local cacti are available, also a miniature farm demonstrates the dry farming technique used in this area.

Countrystyle Bread Pudding, Lovers Leap

- *9-inch baking pan*
- *10 slices stale bread*
- *1 pound raisins*
- *1 pound sugar*
- *½ cup wine*
- *1 cup milk*
- *½ cup rum (optional)*
- *½ pound butter*
- *1 teaspoon nutmeg*
- *½ teaspoon cinnamon*
- *½ teaspoon mixed spice (allspice)*
- *1 teaspoon browning*
- *½ teaspoon rose water*
- *2 teaspoons vanilla*
- *Pinch of salt*

Glaze

- *⅓ cup crystal sugar*
- *1 tablespoon butter*
- *Pinch of cinnamon*
- *1 tablespoon brandy (optional)*

Prepare the pudding. Crumble and soak bread in milk. Add sugar and melted butter. Add other ingredients. Mix and pour into greased pan and bake at 350□ for approximately 40 minutes.

Prepare the glaze. Mix sugar and butter together. Spread mixture over the top of the pudding during the last five minutes of baking. ☼

Magic Toys
Hours: daily
Admission: free
Shoppers shouldn't miss Magic Toys, located just outside of Mandeville. Here, 10 local artists craft vibrant toys, wall plaques, boxes, frames, and more. The goods are sold at many Caribbean resorts, but prices at the factory are well below those found elsewhere.

Marshall's Pen
☎ *876/963-8569 or 876/904-5454*
Hours: By appointment only
Admission: fee
Nature lovers flock to Mandeville. Twenty-five bird species are endemic to Jamaica and all but two are found in this region. A top birding spot is Marshall's Pen, operated by ornithologist Robert Sutton. Tours are conducted by Sutton and are by appointment only. Nearly 100 species have been recorded at this cattle farm and surrounding great houses.

Marvelous Mandeville Tour
☎ *876/962-3725 or 876/962-3265, fax 876/962-1461 or 800/JAMAICA*
Hours: by reservation
Admission: fee
A Marvelous Mandeville Tour ($40) includes a welcome get together at a local home, tour of Mandeville, shopping, lunch, and high tea.

Milk River Mineral Spa
Milk River at Clarendon
☎ *876/924-9544*
Hours: Daily 7am to 7pm
Admission: fee
Located 22 miles from Mandeville, these spas offer a soak in natural waters whose high levels of radioactivity soothes aches and pains.

Pickapeppa Sauce Factory Tour
Shooter's Hill
☎ 876/962-2928
Admission: fee
Near Mandeville, Shooter's Hill is the home of one of Jamaica's best known (and one of our best loved) exports: Pickapeppa Sauce. Known to cooks as a way to spice up eggs, meats, and sauces, this mix of tamarind, onions, tomatoes, sugar, cane vinegar, mangoes, raisins, and spices is prepared in a small, nondescript factory. Tours aren't scheduled but if you're interested, give Countryside a call to set up a look at this fragrant operation (☎ 876/962-3725 or 962-3265).

South Coast Safari Ltd.
☎ 876/965-2513
Hours: 9am, 11am, 12:30pm, 2pm & 4pm daily
Admission: fee
This excellent tour company offers a boat tour up the Black River for a chance to see crocodiles and rural life. It also offers an excursion to the remote Y.S. Falls.

Mrs. Stephenson's Garden
Mandeville
876/962-3725 or 876/962-3265, fax 876/962-1461 or 800/JAMAICA
Hours: Open by appointment only
Admission: fee
Garden lovers can arrange a visit to Mrs. Stephenson's Garden. The winner of many prizes from the Mandeville Horticulture Society (the oldest in North America), the gardens are filled with orchids as well as a fruit that was developed in Mandeville: the ortanique.

The Ortanique

Mandeville is the home of its own locally developed fruit: the ortanique. This citrus fruit combines orange and tangerine for a "unique" fruit (hence the name) that's seedless and juicy.

St. Elizabeth Safaris
Black River
☎ *876/965-2374*
Hours: 8:30-5
Admission: fee
Tours of the Black River and Y.S. Falls are available from this large operator. River trips leave daily at 9, 11, 2, and 3:30; Y.S. tours leave every half-hour from 9 to 3:30.

Y.S. Falls
☎ *876/997-6055*
Hours: daily
Admission: fee
Negril vacationers looking to get away from the sunloving crowds for a while can take a day trip to Y.S. Falls, along the South Coast. These spectacular waterfalls cascade in steps through tropical forest. As amazing to see (and far less crowded) as Dunn's River Falls, Y.S. is a Jamaican attraction that has remained untouched by hassling vendors and long lines. At the top, swimmers enjoy clear waters under a canopy of fern.

Working Off Those Meals

Golf

Health-conscious residents dot the roadsides on early morning walks and runs. Many also choose to exercise at the **Manchester Club** (☎ 876/962-2403), the oldest golf course in the Caribbean. This nine-hole course is set in rolling hills. Nearby tennis courts and two squash courts offer more fast action.

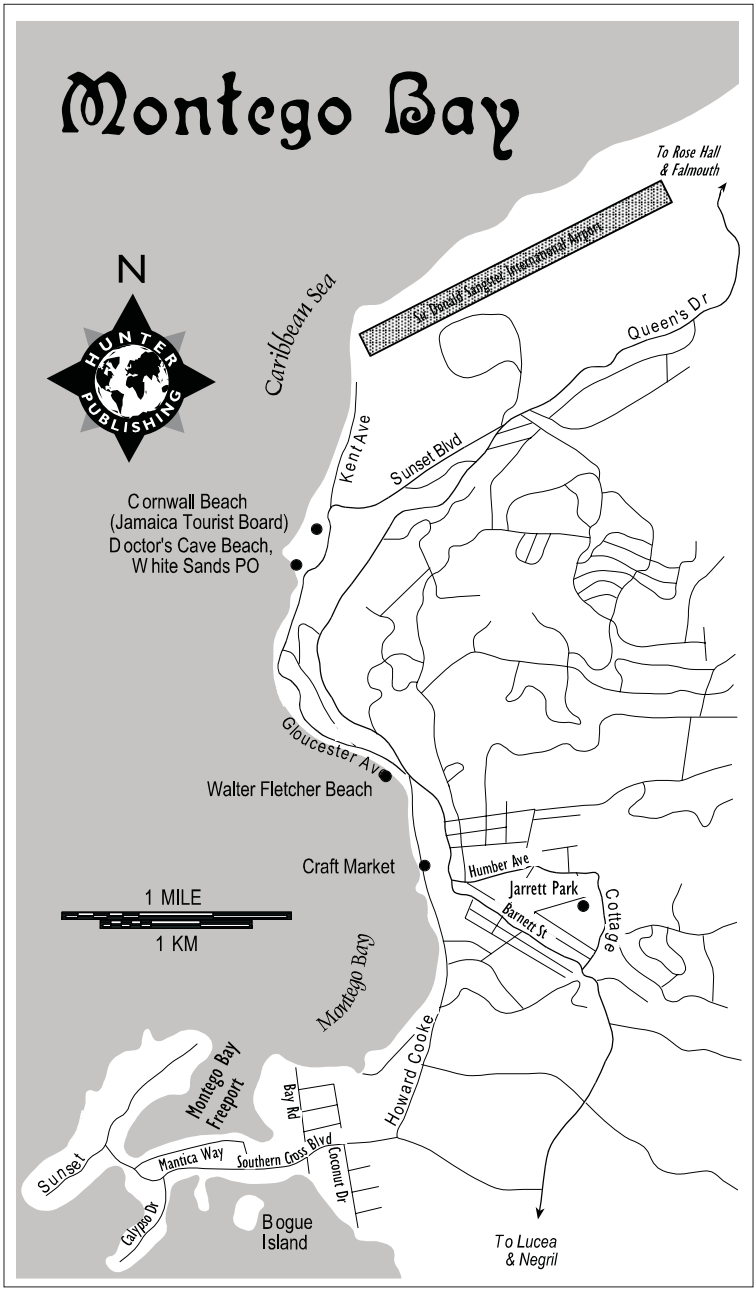
Montego Bay

Montego Bay, or MoBay, is the first taste most visitors have of the island as it's home of the north shore airport. The second largest city on Jamaica, MoBay has the busiest cruise pier, and you'll find travelers from around the world coming and going in this bustling community year-round.

"Montego"

The name Montego is derived from "manteca," or lard in Spanish. The reason is simple: the Spanish once shipped the hogs they butchered up in the mountains from this port city.

Throughout the past century it has been tourists that are shipped in and out of this port. In 1924 Jamaican tourism got its start right here in Montego Bay and there has been no looking back since then.


Montego Bay
To Rose Hall & Falmouth
Sangster International Airport
N
HUNTER PUBLISHING
Caribbean Sea
Queen's Dr
Kent Ave
Sunset Blvd
Cornwall Beach
(Jamaica Tourist Board)
Doctor's Cave Beach,
White Sands PO
Gloucester Ave
Walter Fletcher Beach
Craft Market
1 MILE
1 KM
Humber Ave
Jarrett Park
Barnett St
Cottage
Montego Bay
Howard Cooke
Montego Bay Freeport
Bay Rd
Sunset
Mantica Way
Southern Cross Blvd
Coconut Dr
Calypso Dr
Bogue Island
To Lucea & Negril

Recommended Restaurants

AMBROSIA, $$-$$$$
Wyndham Rose Hall
☎ *876/953-2605*
Dress code: casually elegant
Reservations: required

☼ Located at the golf club across the street from Wyndham Rose Hall, this elegant eatery features Mediterranean cuisine served in a beautiful garden setting. Set off with tiny white lights, the dining area is a good spot for a romantic dinner. Dishes include Lobster Provençale and lamb kebabs. Closed Wednesdays.

BALI HAI, all-inclusive
Sandals Royal Jamaican, North Coast Highway
☎ *876/953-2231*
Dress code: proper attire (collared shirts) required
Reservations: required

☼ A meal at Bali Hai is truly an experience you'll never forget. It begins with a ride aboard the 40-foot *Wayang Doll* launch for a quick cruise over to the island where the restaurant is located. Two seatings per night are offered at 6 pm and 9 pm. The fixed-price menu includes numerous courses, each served with accompanying hot sauces (and we do mean hot!)

The menu at Bali Hai changes frequently, but one thing remains constant: this is one of the best restaurants at any of the island's all-inclusive properties. A dinner here is a memorable experience and one we'd highly recommend.

Bali Hai Sample Dinner Menu

- APPETIZER: Lumpia goreng (springroll stuffed with cabbage, bamboo shoots and shrimp).
- SOUP: Soto ajam djawa (Javanese-style chicken broth, garnished with chicken and spring onion).
- ENTREE: Nasi putih (white rice) with tjap tjai (chicken with mixed vegetables); daging Bali (spiced beef cooked in soy sauce); atjar tjampur (pickled mixed vegetables); fkan kuning (trout fillet steamed in coconut milk); pergedel djagung (corn fritters); ajam pangang pedis (spiced roasted chicken); sambal goreng kentang (spicy potato sticks); babi ketjap (pork loin simmered in a ginger sauce); krupuk udang (fried prawn crackers); udang saos tiram (shrimp and peppers in oyster sauce); sambalans (very hot condiments); tumis buncis (stringbean stewed in coconut milk).

BELLFIELD 1794, $$$-$$$$
Barnett Estate, ☎ 876/952-2382
Dress code: dressy
Reservations: required

This elegant restaurant, located on the 3,000-acre Barnett Estate near Montego Bay, is operated by Elegant Resorts International. The open-air restaurant features a view of the city lights and a menu that combines the tastes of Jamaica and other Caribbean islands. Select from dishes including spicy ackee tomato salsa on smoked marlin, plantation salad, jerk pork Bellfield, steamed fish Port Royal, sweet potato pudding, and more. Follow it all with a taste of sweet potato pudding, cheesecake with a tropical fruit chutney or a cup of Blue Mountain coffee.

> ***TIP:*** *After a meal, enjoy a leisurely stroll over to the great house. The restored historic house is open to visitors; guided tours are available before or after dinner.*

CRUSOE'S, $$-$$$
Wyndham Rose Hall, ☎ 876/953-2650
Dress code: casually elegant
Reservations: required

☼ This ground floor eatery at the Wyndham Rose Hall resort is an excellent place to sample some innovative Jamaican cuisine.

CUCINA ROMANA, all-inclusive
Sandals Montego Bay, Kent Avenue
☎ 876/952-5510
Dress code: casually elegant (no beachwear; dress shorts OK)
Reservations: required

☼ This fine dining restaurant serves Italian cuisine in an elegant setting. Start with antipasti from the buffet, but be sure to save room for entrées: penne alla Bolognese, fettuccine alfredo farfalle presidenziale (bowtie pasta with smoked salmon in a cream sauce), spaghetti marinara, or lasagna Napoletana. The second course brings more mouthwatering temptations: pesce spada alla griglia (pan-grilled swordfish steak), pollo al rosmarino (chicken roasted in olive oil, onion, rosemary, potatoes, and red wine), costoletta di maiale piccata (pork chops sautéed in olive oil, capers, garlic, and lime juice), bisteca alla fiorentina (pan-grilled striploin steak), osso buco Milanese (veal shank served with saffron rice). The tiramisu offers an excellent ending to a meal here.

DAY-O PLANTATION RESTAURANT, $$-$$$
Fairfield, ☎ 876/952-1825
Dress code: casually elegant or dressy
Reservations: required

☼ Free pickup service from area resorts is included with dinner at Day-O, a restaurant built with a plantation atmosphere. Owned by Jamaican musician Paul Hurlock and his wife Jennifer, this restaurant serves Jamaican cuisine and seafood specialties. Indoor and outdoor dining is available and after a meal the dance floor opens with live music. Open Tuesday through Sunday for dinner only.

IL GIARDINA, $$$
Half Moon Village, ☎ 876/953-2211
Dress code: dressy
Reservations: suggested

Italian elegance is the order of the day here. Il Giardina opens for dinner from 7pm. The menu features antipasti, pasta, fish, and meat dishes accompanied by an extensive wine list. Dinner only.

JULIA'S, $$$$
Bogue Hill, ☎ 876/952-1772
Dress code: dressy
Reservations: required

Look around at the many autographed celebrity photos mounted on the restaurant walls and you'll see that Julia's has a star-studded following. After a taste of the offerings here it's easy to see why. Italian dishes fill the menu and often the owner comes out to sing.

KIT KAT RESTAURANT, $-$$
Verney's Tropical Resort, Leader Avenue
☎ 876/952-2875
Dress code: casual
Reservations: not needed

"Try my callaloo!" urged Kathleen Sterling. The smiling Jamaican hostess pushed a steaming bowl of greens closer. "I picked them myself!" she beamed as we were enjoying a genuine Jamaican meal at Verney's Tropical Resort, a small inn perched in the hills overlooking Montego Bay. This was a true Jamaican feast – not a watered-down version for tourist tastes – served with real Jamaican hospitality. The dishes here – jerk chicken, curried goat, breadfruit – are good examples of homestyle offerings. Like the menu itself, the setting is simple and wholesome, featuring an open-air terrace with a great view of Montego Bay.

We especially recommend this restaurant for those in search of a homestyle meal. To get any more authentic you'd have to be invited into a Jamaican home.

LE CHALET RESTAURANT, $$
Adjacent to Wexford Court Hotel on Gloucester Avenue
☎ 876/952-5240
Dress code: casual
Reservations: suggested for dinner

☼ This casual restaurant offers a little of everything: Jamaican, Asian, continental, and barbecue. Don't miss the honey and garlic barbecue ribs. Free transportation is offered from area hotels and villas.

LETHE ESTATE, $$$
20 minutes west of Montego Bay
☎ 876/956-4920
Dress code: Casually elegant
Reservations: suggested

☼ Gourmet dining with meals that include many local ingredients is the perfect end to a relaxing day at the Lethe Estate.

MARGUERITAVILLE CARIBBEAN BAR AND GRILL, $$
Gloucester Avenue, ☎ 876/952-4777
Dress code: very casual
Reservations: not needed

☼ You don't visit Margueritaville only for the food – a stop here is more for the party atmosphere. Casual dining is the order of the day: American favorites like burgers and pizza top the list. But the food is just an excuse to use the extensive facilities: a waterslide that plummets from the upstairs bar right into the sea, giant TV screens, and more.

MARGUERITES, $$$-$$$$
Gloucester Avenue, ☎ 876/952-4777
Dress code: dressy or casually elegant
Reservations: suggested

☼ For all the casualness of its next door neighbor, Margueritaville, Marguerites is for those in search of something elegant and special. The two eateries may be only yards apart, but in atmosphere they might as well be at opposite ends of the island. Check out the house specialties of this

seaside restaurant, flambé dishes such as Tijuana shrimp flambéed in tequila and Grand Marnier.

THE NATIVE, $-$$$
29 Gloucester Avenue, ☎ 876/979-2769
Dress code: casual for lunch, casually elegant for dinner
Reservations: required for dinner

❁ We came to The Native for a lunch buffet, an impressive spread of salads, rice and peas, jerk chicken, snapper, and other island delights. Offered every Friday and Sunday, this noon buffet is popular with vacationers and locals alike. And if you can't make it for the buffet, order up the Boonoonoonos Platter for a sample of lots of local specialties.

The reasons for The Native's popularity are easy to see. Tucked under a sprawling poinciana tree, the open-air eatery is a wonderful place to step away from the packaged fun of the resorts and watch Montego Bay life roll by.

THE OLEANDER ROOM, all-inclusive
Sandals Montego Bay, Kent Avenue
☎ 876/952-5510
Dress code: long pants, collared shirts
Reservations: required

❁ This is the most elegant eatery at Sandals Montego Bay, a Georgian-style restaurant that serves Jamaican cuisine with a gourmet twist, all in an refined white-glove atmosphere. Seatings are 6 pm to 9 pm. A meal here is a delight for couples.

Oleander Room Sample Dinner Menu

- APPETIZERS: Ackee and bacon galette served on an avocado coulis; Middle Quarter peppered shrimp with a cool herb and lime cream; Jamaican salt beef terrine served with a mango sauce; smoked blue marlin tartare; stamp and go; codfish fritters set on a papaya chutney.
- SOUPS: Jamaican pepperpot; cream of pumpkin.
- SALAD: Medley of St. Elizabeth greens with an exotic guava-tamarind dressing.

- ENTREES: Jerk chicken roulade stuffed with callaloo and sweet peppers served on a light jerk sauce; filet Old Harbour escovitch red snapper; pork cutlet grilled with pimento seeds; Jamaican steamed fish with okra, carrot, cho-cho and scallion; stew beef with local ground provisions and spinners.
- DESSERTS: Caribbean cream with banana rum and raisin; medley of tropical local fruits gratin.

NORMA AT THE WHARF HOUSE, $$$
Reading, west of Montego Bay
☎ 876/979-2745
Dress code: casually elegant
Reservations: required for dinner

Norma's (like the Kingston restaurant of the same name) is known for its nouvelle Jamaica cuisine served in an historic setting. The restaurant is the creation of Norma Shirley, a chef whose talents have been recognized by *Bon Appétit* and *Food and Wine* magazines.

THE PAVILLION, all-inclusive
Sandals Royal Jamaican, North Coast Highway
☎ 876/953-2231
Dress code: dressy (long pants and collared shirts)
Reservations: required

We enjoyed an elegant, open-air dinner at this restaurant many years ago on one of our first trips to Jamaica. It still provides an excellent dining experience for couples today.

The Pavillion Sample Dinner Menu

- APPETIZERS: Ackee served in a sweet potato bowl with codfish, herbs, peppers and onions.
- SOUP: Red pea soup with spinner dumplings, vegetable and beef.
- SALAD: St. Anne salad with Caribbean lettuce and julienne of vegetables served with a nut papaya vinaigrette.
- ENTREE: Chef Wood's jerk chicken stuffed with a mixture of mushrooms and herbs, grilled over pimento wood and leaves; poached filet of tilapia filled with

callaloo; roast pork loin escovietch flavored with local herbs and dark rum topped with marinated julienne of vegetables.

❁ DESSERT: A selection of delightful Jamaican desserts.

Jerk Pork, Sandals Royal Jamaican

- *½ cup chopped onion*
- *½ cup chopped garlic*
- *¼ cup chopped ginger*
- *2 scallions*
- *1 Scotch bonnet pepper, seeded*
- *1 teaspoon pimento seeds or ground allspice*
- *1 teaspoon chopped thyme*
- *¼ cup soy sauce*
- *¼ cup corn oil*
- *Salt to taste*
- *Vinegar to taste*
- *4 pounds pork legs*

In a food processor, blend the onions, garlic, ginger, scallion, chili, pimento, thyme, soy sauce, and corn oil to a smooth paste. Mix in the salt and vinegar. Rub the paste on the pork and marinate in the refrigerator for at least two hours, preferably overnight.

Barbecue the pork over an open fire, turning to avoid burning (about 1½ hours). *Yields 12 servings.* ❁

THE PELICAN, $-$$
Gloucester Avenue, ☎ 876/952-3171
Dress code: casual
Reservations: not needed

❁ This popular restaurant has attracted diners for over three decades and many folks in the business community start their workday with a traditional Jamaican breakfast right here. Jamaican dishes appear on the lunch and dinner menu as well.

THE ROYAL STOCKS ENGLISH PUB & STEAKHOUSE, $$-$$$
Half Moon Village, ☎ 876/953-9770
Dress code: casually elegant
Reservations: suggested for dinner

☼ When you've had enough jerk and rice and peas, here's something a little different. You'll feel like you've stepped into an English pub at this elegant eatery that features steaks, lobster and seafood. The bar even has a full selection of traditional ales. When you're ready for fun, a sports bar offers darts and skittles. Call for transportation if you're not staying on property.

THE PORK PIT, $
27 Gloucester Avenue, ☎ 876/952-1046
Dress code: casual
Reservations: not needed

☼ Jerk chicken, spare ribs, steamed fish, sweet potatoes, roast yam, festival, and cold coconut water star at this fast food eatery that's a favorite with local diners. Order up a plate and then grab a place at one of the picnic tables on the open patio for a real Jamaican meal. The eatery is located across from Walter Fletcher Beach.

Like the menu here, seating and decor are simple with no frills. However, for real Jamaican jerk, this is the very best place to go in Montego Bay.

RICHMOND HILL INN, $$-$$$
Union Street, ☎ 876/952-3859
Dress code: elegant
Reservations: suggested

☼ There may not be a better view of Montego Bay than from this classic inn, perched high above the city. This restaurant is especially known for its seafood dishes.

ROUND HILL, $$$-$$$$
West of Montego Bay, ☎ 876/956-7050
Dress code: see below
Reservations: required

☼ Dining at Round Hill is an elegant occasion in which you are waited on by candlelight under the stars. The menu

includes delightful dishes such as grilled mahi mahi with fennel and orange salad, duck and sausage cassoulet, or crab salad with fresh coconut. Fresh seafood is featured nightly.

Saturday is the dressiest night at Round Hill; jacket and ties are required. Mondays are casual with a beach barbecue and bonfire. On Wednesdays, dinner is à la carte, while Friday features a Jamaican menu followed by a Jamaican folkloric performance. After dinner on Saturday, Tuesday, and Thursday nights, guests enjoy dancing to Billy Cook's Jazz, the house band.

CHEF PROFILE: *The cuisine of Round Hill is the creation of Jean-Pierre Blouin, executive chef. The native Frenchman came to the resort from Straight Wharf Restaurant in Nantucket, Massachusetts. While in the US, Blouin also taught at the Connecticut Culinary Institute and later served as executive chef at Bistro Chez Jean-Pierre, where he was voted best chef in Palm Beach in 1993.*

Grilled Swordfish dusted with Island Spice & Cinnamon Aioli, Round Hill

Aioli, a garlic flavored mayonnaise from France's Provence region, flavors this seafood dish.

- *4 10-ounce swordfish steaks*

Fish Marinade:

- *2 tablespoons oil*
- *1 tablespoon ginger juice*
- *1 lemon juice*
- *¼ cup brown butter*
- *¼ cup cider vinegar*

Cinnamon Aioli:

- *3 tablespoons toasted cinnamon*
- *1 bulb roasted garlic*
- *2 tablespoons Dijon mustard*

- *1 juice of lemon*
- *2 egg yolks*
- *2½ cups oil*
- *Salt and pepper*

Island Spice:

- *4 tablespoons coriander seeds, ground*
- *2 tablespoons cumin seeds, ground*
- *1 tablespoon whole peppercorn, ground*
- *2 tablespoons cardamom seeds, ground*
- *4 cinnamon seeds, ground*
- *1 tablespoon whole cloves, ground*
- *1 tablespoon nutmeg, ground*

Garnish:

- *1 medium Bermuda onion, julienne*
- *1 bulb fennel, julienne*
- *2 peeled and sliced oranges as wheels*
- *1 cup whole almonds, toasted*
- *⅓ cup chives*
- *2 tablespoons olive oil*
- *Salt and pepper*

Marinate swordfish steak for 20 minutes. Set aside. Prepare aioli. Make a mayonnaise, mixing lemon juice and egg yolks, adding all other ingredients.

Sear all garnish vegetables at medium-high heat, add chives at the end. Dust the fish steaks with island spices and pan-fry on high heat to give a nice color, two minutes on each side to keep the fish pink. ☼

SAKURA JAPANESE RESTAURANT, $$$-$$$$
Half Moon Village, North Coast Highway
☎ 876/953-9686
Dress code: dressy
Reservations: required

☼ Proof of the many cuisines Jamaica offers, this restaurant features hibachi grill-top cooking right at your table. With flying knives, the chef will prepare a meal of seafood, steak or chicken that's as good as the show itself. Round-trip

transportation from your local hotel to the restaurant is included.

SEAGRAPE TERRACE, $$-$$$
Half Moon Hotel, North Coast Highway
☎ *876/953-2211*
Dress code: casual for breakfast and lunch; casually elegant for dinner
Reservations: suggested

☼ This open-air eatery is located right on the beach and serves Caribbean cuisine. Both buffet and à la carte service is offered at lunch. In the evenings, the atmosphere is lively here, with dancing and floor shows. A Jamaican beach barbecue is offered on Monday and Friday nights; you can come try local specialties, then dance to the sounds of a steel pan band.

SUGAR MILL, $$$
Half Moon Hotel, North Coast Highway
☎ *876/953-2314*
Dress code: dressy
Reservations: required

☼ This elegant eatery serves up Jamaican and Caribbean dishes in an elegant atmosphere. Set out in the open beneath almond trees on the Half Moon golf course, the restaurant is an excellent spot for a quiet dinner served under the stars.

TAPAS, $$-$$$
Corniche Road behind the Coral Cliff Hotel
☎ *876/952-2988*
Dress code: dressy
Reservations: suggested

☼ The name here suggests the strong influence of Spanish flavors in the cuisine. Don't miss the tapas, especially the smoked duck and lamb with jerk sauce.

TOKYO JOE'S, all-inclusive
Sandals Montego Bay, Kent Avenue
☎ *876/952-5510*
Dress code: casually elegant
Reservations: required

☼ A dinner-only restaurant (which is closed on Fridays) serves Asian cuisine. Start with miso soup or dim sum

(select from beef satay, crispy wonton, pork dumplings or shrimp) or create a specialty salad at the salad bar. Entrées are cooked to order. Choose your own stir-fry from chicken, pork, shark, beef, or bay shrimp. Vegetable choices are varied: snow peas, bean sprouts, nappa cabbage, pak choy, carrots, daikons, callaloo, scallions, ginger, garlic, sweet pepper, onions, celery, tofu, fried dasheen, mushrooms, or bamboo shoots. Entrées are served with steamed rice. Complete the evening with a taste of jasmine tea.

TOWN HOUSE, $$-$$$
16 Church Street, ☎ 876/952-2660
Dress code: casually elegant
Reservations: required for dinner

☼ Built in 1765, this restaurant and tavern, where brick walls are decorated with local artwork, offers red snapper papillot, spare ribs, stuffed lobster, shrimp, steak, pasta, and Jamaican dishes, including many curried entrées. You can dine inside or on the verandah. Open from Monday through Saturday for lunch and daily for dinner, the restaurant offers free round-trip transportation from local hotels.

THE VINEYARD, $$-$$$
Coyaba Beach Resort and Club
☎ 876/953-9150
Dress code: casually elegant
Reservations: suggested

☼ This restaurant, decorated like a trellised garden, features Caribbean and continental dishes for breakfast and dinner.

Fruit Chicken Salsa in Orange Butter Sauce, Coyaba Beach Resort and Villas

☼ Chef Frederic Wagnon, a Parisian who has spent many years in the Caribbean, offers this special creation at The Vineyard. Wagnon is classically trained but serves up dishes with a tropical twist on traditional fare.

- *4 chicken breasts, 4 ounces each, boneless*

- *½ pound angel hair pasta*
- *3 oranges*
- *2 grapefruit*
- *½ pound pineapple*
- *½ pound watermelon*
- *4 ounces butter*
- *pinch coriander, plus 4 leaves for garnish*
- *½ pound papaya (not too ripe)*
- *½ pound carrot*
- *½ pound cho-cho*
- *4 ounces heavy cream*

Prepare the fruit "salsa" and vegetables. Wash all fruits and vegetables. Peel all fruit and remove seeds. Remove segments of oranges and grapefruit. Press the remainder of the citrus, set aside juice for sauce. Dice fruit finely "brunoise" style, mix gently, and keep covered and refrigerated. Peel carrots and cho-cho and cut in thin strips lengthwise. Blanche in boiling water, refresh, and set aside.

Prepare the pasta. Cook angel hair pasta al dente. Refresh, strain, and pour in a bowl with olive oil. Toss lightly. Keep in refrigerator. Finely slice the coriander.

Prepare the sauce. Reduce the juice of the citrus by two thirds. Add cream and reduce by half. Add butter, whisk quickly and set aide.

Prepare the chicken. Season the chicken breast with salt and pepper. Pan fry in butter and finish in oven for about five to seven minutes. This step will make the difference in making sure the chicken is tender.

To finish, warm the fruit salsa, the sauce, and the angel hair. Add coriander to the pasta and rectify seasoning. In large plates, share reasonable amounts of angel hair. Slice chicken breast lengthwise, fan slices on top of pasta. Top chicken with fruit salsa. Add sauces and coriander leaves as garnish. For a more tropical flair, add fried plantain and breadfruit "batonnet" as additional garnish.

Where To Stay

All-Inclusives

COYABA BEACH RESORT AND CLUB, $$$-$$$$
Mahoe Bay, Little River
☎ *800/237-3237 or 876/953-9150, fax 876/953-2244*

We arrived at Coyaba late. Our connections in Miami were delayed and so we had touched down on the island in total darkness. The drive out to Coyaba from the Montego Bay airport was thankfully short and that was good because we were hungry.

It was only a few moments before we realized we had definitely come to the right place. In the evening's shadow, we couldn't see what the next morning's sun would reveal: that we were surrounded by an opulent $10 million resort on a shady stretch of beach. No, at this late hour our only concern was with the Vineyards restaurant.

Although classified as a small inn, Coyaba is the high end of this category, an exclusive luxury retreat. The $10 million all-inclusive hotel includes a plantation-style great house, which houses the main restaurant. Amenities include a freshwater pool, hot tub, massage, tennis, watersports, and recreation room. Guest rooms are light and airy, decorated in an elegant tropical style with mahogany furniture. You'll be greeted by a basket of banana bread, a sweet introduction to this special property. On Wednesdays, the Managers' Tea Party is held in the garden gazebo. Complimentary afternoon tea and Blue Mountain coffee are served daily from 4-5pm.

Jamaica Grill Lobster and Candied Potatoes, Half Moon Club

Lobster:

- *4 lobster tails*
- *Lime juice*
- *Salt and pepper*
- *Olive oil*
- *Thyme*

Candied potatoes:

- *Ginger, sliced*
- *Orange juice*
- *Orange zest*
- *4 Sweet potatoes*
- *Salt and pepper*

Cut the lobster tail along the back. Add salt and pepper, lime juice, olive oil, thyme and grill for about 15 minutes on medium heat.

While grilling lobster tail, prepare the candied potatoes. Cut the potatoes in a bottom shape and roast. Boil the orange juice with ginger and the orange zest. When reduced, use this to glaze the potatoes.

Put the lobster on a plate, assemble the potatoes, and garnish with lime and available tropical fruits (Half Moon recommends papaya and other tropical fruits). ☼

HALF MOON GOLF, TENNIS & BEACH CLUB, $$$$

North Coast Highway, Montego Bay
☎ 876/953-2615 or 800/626-0592, fax 876/953-2731

☼ Where do you go when money is no object? Half Moon might be just the place. This resort sprawls across the north coast with many kinds of room configurations, everything from large guest rooms and junior suites to villas that look like something right out of Beverly Hills, complete with the sweeping staircases, maids, and butlers.

The resort is a favorite with well-to-do Japanese vacationers, who feel right at home in rooms that offer Japanese language periodicals and Japanese television channels.

And if you tire of the resort's excellent beach or top-rated golf course, there's also a super luxurious shopping mall here to part you from any spare change. Other facilities include 13 tennis courts, 39 swimming pools, croquet, bikes, squash, dive shop, kids' program, you name it. The resort also includes numerous restaurants: Il Giardina, The Royal Stocks, Sakura Japanese Restaurant, Seagrape Terrace, Sugar Mill, and the nearby Bellfield Estates (see *Recommended Restaurants*).

HOLIDAY INN SUNSPREE RESORT, $$
North Coast Highway
☎ *800/HOLIDAY, 800/352-0731, fax 876/953-2840*

☼ This property, just five miles east of the Montego Bay airport, was the first place we stayed in Jamaica as honeymooners over 12 years ago. In those days the resort catered to families and couples on short vacations, many (like us) coming in on a low-price charter.

Today couples and families still make up much of the clientele and many continue to arrive on low-cost charters, but the resort itself has undergone many changes. A $13 million facelift in 1995 transformed it into an all-inclusive property. The 523 guest rooms received an overhaul and now guests choose from watersports, tennis, volleyball, nearby golf, kids' programs, and more.

Vacationers also have a much wider selection of restaurants. Travelers can choose from the **MoBay Festival**, located in the main building and featuring tropical kiosks with island delicacies; **Vista's**, a more formal eatery with ocean views and a continental menu; and several **beach bars and grills**. Twice a week guests have the option to dine on the beach.

SANDALS INN, $$-$$$
☎ *876/952-4140 or 800/SANDALS, fax 876/952-6913*
www.sandals.com

☼ The smallest of the Sandals properties with just over 50 guest rooms is a favorite with those watching their budget. You're not located on the beach and the facilities are scantier than those found at the other Sandals locations, but

you can stay here for less and still enjoy all the amenities at other Sandals properties (complimentary shuttle service).

The inn is located right in town and is convenient for travelers who would like to get out and explore. Dining options here include **The Bay Window**, with indoor and outdoor seating, and **The Carlyle**, known for its flambé dishes. Reservations are required for The Carlyle. Dress is casually elegant at both restaurants (no beachwear or tank tops), although dress shorts are allowed.

As at other Sandals, guests at the Inn enjoy a "Stay at One, Dine at Six" policy, which allows them to select from any of the six Sandals eating establishments in Jamaica. A reservation desk handles reservations at the sister resorts; free shuttles are available to other Sandals located in Montego Bay.

Spicy Jerk Chicken Chili, Sandals Resorts

- *5 ounces boneless cubed chicken*
- *1 ounce Walkers Wood jerk seasoning*
- *½ teaspoon finely chopped garlic*
- *1 ounce small diced, seeded tomatoes*
- *1 teaspoon chopped scallion*
- *1 ounce chopped onions*
- *3 ounces chicken stock*
- *½ ounce diced carrots*
- *½ ounce cooked red beans*
- *1 teaspoon vegetable oil*
- *½ teaspoon crushed pimento berries (allspice)*
- *1 teaspoon tomato paste*

Heat oil in saucepan. Add chicken and sauté until lightly brown. Add jerk seasonings, scallion, onions, tomato, garlic, carrots, beans, pimento berries, and continue to cook. Add tomato paste and incorporate well. Add stock and cook for 25 minutes. ☼

SANDALS MONTEGO BAY, $$$
Kent Avenue
☎ 876/952-5510 or 800/SANDALS, fax 876/952-0816
www.sandals.com

☼ The Sandals chain was started in 1981 by Gordon "Butch" Stewart with Sandals Montego Bay, a resort located next to the city's Donald Sangster International Airport. This location has a potential negative, but Sandals cleverly turned the airport traffic noise to its advantage, suggesting that guests kiss every time an airplane flies overhead. With Jamaica's increasing popularity, there's a lot of smooching going on at Sandals. And the kissing must be working; Sandals Montego Bay has the highest return guest rate within the chain.

Dining at Sandals Montego Bay includes **The Terrace** for international cuisine served both indoors and outdoors, **The Oleander Room** for Jamaican cuisine with white glove service, **Cucina Romana** for Italian cuisine, and **Tokyo Joe's** for dim sum. Each restaurant enforces a casually elegant dress code (no beachwear or tank tops) and long pants are required at the Oleander Room. (See *Recommended Restaurants* for detailed restaurant profiles.)

The "Stay at One, Dine at Six" policy is applied.

SANDALS ROYAL JAMAICAN, $$$
North Coast Highway
☎ 876/953-2231 or 800/SANDALS, fax 876/953-2788
www.sandals.com

☼ The atmosphere at Sandals Royal Jamaican is slightly less busy than its neighbor, Sandals Montego Bay. What it may lack in liveliness, it more than makes up for in lavishness. Small touches – towels on the beach, herbal teas in the gym, aromatic saunas, continental room service – make this resort styled after a Jamaican plantation truly royal.

Along with lavish grounds, mini-suites with private balconies that overlook azure waters, and public areas that blur the

boundaries between indoors and outdoors, this property boasts the only offshore restaurant in Jamaica. **Bali Hai** serves Indonesian cuisine, prepared by an Indonesian chef, in an exotic setting. Guests are ferried out to the island to enjoy a multi-course meal served family style. When couples arrive at the restaurant, the hostess offers two wraps for you to tie around each other's waist – simultaneously. It's a fun start to a romantic evening of dining by candlelight. (See *Recommended Restaurants* for full restarurant profile.)

Jerk Spice, Sandals Resorts

- *½ cup peeled onion*
- *¼ cup peeled garlic*
- *¼ cup peeled ginger*
- *2 ounces scallion*
- *Scotch bonnet pepper to taste*
- *1 ounce pimento seeds or allspice powder*
- *1 teaspoon thyme*
- *¼ cup soy sauce*
- *¼ cup corn oil*
- *Salt to taste*
- *Vinegar*

Grind all ingredients in a food processor until smooth and a paste is formed. Add a little vinegar and use as a rub.

Chef's tips: The chefs at Sandals Royal Jamaican recommend marinating meat overnight in this jerk spice.

Other restaurants on property include **The Regency** (international cuisine served at seaside candlelit tables), **The Pavillion** (Jamaican food with a gourmet flair), and **The Courtyard Grill** (an à la carte option). (See *Recommended Restaurants*.)

> ☼ ***TIP:*** *Casually elegant attire is required at all restaurants at Royal Jamaican (no beachwear, tank tops or bare feet) and dress shorts are permitted only at The Regency. All other restaurants require long pants and shirts with collars.*

Shuttles provide free transportation to Sandals Inn and Sandals Montego Bay. Like everything else at the all-inclusive, all meals and gratuities are part of the package price.

The Sandals Royal Jamaican is one of our favorite properties in the Sandals chain because of its very friendly staff and its stylish accommodations.

WYNDHAM ROSE HALL, $$$

North Coast Highway, east of Montego Bay
☎ 800/996-3426, 876/953-2650, fax 876/953-2617

☼ The Wyndham Rose Hall operates both as an EP (room-only) hotel and an all-inclusive property (for $75 additional per day, per person). On a recent stay, we noticed that most guests had happily opted for the all-inclusive plan (an economic choice since we spent $6 on a Red Stripe and a Coke).

The highrise starts with a grand lobby and lobby gazebo bar, just steps away from a slots casino for those 18 years and older. Downstairs at pool level are several restaurants: **The Café, Crusoe's Caribbean**, and **The Terrace**. Across the highway at the golf club lies **Ambrosia**, a fine dining establishment featuring Mediterranean dishes. (See *Recommended Restaurants*.)

CHEF PROFILE: *Diners at Wyndham Rose Hall's several restaurants will have the opportunity to sample the talents of Chef* ***Angelo Konidis****. Since the age of 14, Konidis has been cooking, beginning his work in Athens, Greece. At the age of 17 he went to the Ritz Escoffier to complete a two-year apprentice program. Later, the chef furthered his studies with courses at the Culinary Institute of America.*

Konidis worked in several American hotels, starting in 1985 with Hilton Hotels in Dallas as Sous Chef, later working in Phoenix and Arrowhead, California. He later joined Hyatt Hotels in Nashville and became Executive Sous Chef at the grand Hyatt New Orleans in 1989. In 1992 Konidis joined the Wyndham Hotels in Jamaica as Executive Chef at Wyndham Rose Hall, leaving in 1995 to serve as Executive Chef at the Tryall Golf Club. After serving at the Wyndham New Kingston, Konidis returned to Jamaica's north coast and the Wyndham Rose Hall.

Rooms are decorated in tropical colors and each includes a balcony, air-conditioning, tile floor, hairdryer, safe (for $1 per day), and other amenities. The highlight of the property are its three interconnecting pools with swim-up bar. Don't miss the rum punches here; they're some of the best on the island. Steps away, the beach offers a full complement of watersports.

Lacquered Duckling with Citrus Passionfruit Coulis, Wyndham Rose Hall

- *1 3-pound duck*

Marinade:

- *1 Scotch bonnet pepper*
- *1 ounce molasses*
- *2 ounces soy sauce*
- *1 tablespoon sesame seed oil*
- *1 tablespoon chopped ginger*
- *1 tablespoon chopped garlic*
- *1 tablespoon Hoisin sauce*

Sauce:

- *Pulp of two passionfruits*
- *Juice of four oranges*
- *Juice of one lime*
- *1 quart duck stock*
- *1 bay leaf*
- *1 tablespoon whole peppercorns*
- *2 tablespoons butter*
- *2 ounces plum wine*

Purée:

- *1 pound sweet potato*
- *1 pound pumpkin*
- *½ teaspoon cinnamon*
- *½ teaspoon nutmeg*
- *Salt and pepper to taste*
- *2 ounces heavy cream*
- *2 tablespoons butter*

Prepare the marinade by mixing all ingredients.

Prepare the duck. Take off the breast and thighs and marinate for four hours. Start the sauce by adding all ingredients (except the butter) to a saucepan over medium heat. Reduce by half. Strain the sauce and add the butter. Return the sauce to heat and keep warm.

Prepare the purée. Boil sweet potato and pumpkin. Strain and mash and add all other ingredients. Keep warm.

Take the duck out of the marinade and roast the duckleg in 330□ F oven for 30 minutes. Take the breast and sear in a sauté pan for three minutes on each side.

Assemble the dish. Put sweet potato in serving dish. Slice the duck breast and place on top of purée. Place the leg on the other side and pour the sauce around the plate. Use garnish and vegetables of choice. ☼

Hotels

COMFORT INN & SUITES MONTEGO BAY, $$
Rose Hall
☎ *876/953-3250, fax 876/953-3062*

☼Part of Choice Hotels International, this 150-room hotel is the former SeaCastles. Located close to a small private beach (which is quite a walk from the rooms), the recently renovated property includes one- and two-bedroom units as well as studios. The all-inclusive package offers three buffet meals daily, supervised kids' activities, non-motorized watersports, gratuities and taxes, house brand liquors and soft drinks, tennis, and daily entertainment.

RICHMOND HILL INN, $$
Union Street
☎ *800/423-4095, 876/952-3859, fax 876/925-6106*

☼A stay at Richmond Hill Inn is rather like visiting your grandmother's house: you're a little afraid that you're going to knock something over and you really wish it wasn't

quite so fussy, but you love the way you get treated. The rooms here have seen fresher days, but still the view is special: straight out at Montego Bay and the sea from high atop the hill.

Richmond Hill has a long history, dating back to the 1790s when it was the property of the Dewars of Scotch whisky fame.

ROUND HILL HOTEL AND VILLAS, $$$-$$$$
North Coast Highway
☎ *800/237-3237, 876/956-7050, fax 876/956-7505*

☼ A real favorite of the rich and famous set, Round Hill offers suites, traditional hotel rooms, and 27 villas. Expensive and lavish, the villas include maid service (cooks are available as well), and many have a private pool. The resort is home to an excellent restaurant.

Glazed Chicken Breast with Vanilla Yogurt Dressing, Round Hill

- *4 chicken breasts*

Stuffing:

- *zest of two limes*
- *½ cup scallions*
- *2 tablespoons fresh thyme*
- *1 tablespoon fresh oregano*
- *1 tablespoon fresh marjoram*
- *salt and pepper*

Vanilla dressing:

- *1 fresh vanilla bean*
- *1 lemon juice*
- *1 teaspoon red vinegar*
- *1 tablespoon chipped chives*
- *salt and pepper*

Marinade:

- *1 cup honey*
- *½ cup lime juice*
- *2 tablespoons cumin*
- *3 cloves garlic*

- *2 bay leaves*
- *2 tablespoons white Worcestershire sauce*
- *salt and pepper*

Garnish:

- *2 pounds sweet potatoes*

Prepare the marinade. Combine all marinade ingredients. Soak chicken breasts in marinade, refrigerated, for several hours.

Peel and cut sweet potatoes with large knife and steam.

Prepare the vanilla dressing. Open the vanilla bean with a knife and remove seeds. Mix with yogurt, lemon, vinegar, salt, and pepper.

Prepare the stuffing. Mix all stuffing ingredients then insert stuffing between chicken skin and breast. Pan-fry at medium heat and turn around a couple of times until thoroughly cooked.

Place the sweet potatoes, chicken and vanilla dressing on the plate. ☼

TRYALL GOLF, TENNIS & BEACH CLUB, $$$-$$$$
West of Montego Bay
☎ *800/238-5290, 800/956-5667, fax 876/956-5658*

☼ On a visit to Tryall, look around at the other visitors and don't be surprised to see celebrity faces. This posh getaway is 13 miles west of Montego Bay and includes everything you need to hole up and never leave the resort if you so choose: a golf course, private villas with their own pools, tennis courts, dive shops, and a driving range.

☼ Intimate Inns

LETHE ESTATE, $$
20 minutes west of Montego Bay
☎ *876/956-4920, fax 876/956-4927*

☼ If you aren't looking for a beachside retreat, then consider a getaway at the charming Lethe Estate. This serene hideaway is tucked on the banks of the river near the village of Lethe west of Montego Bay. Quiet except for the sounds of birds singing in the surrounding forest, this 15-

room inn allows you to truly get away from it all. "It is not for everyone." says co-owner Doreen Tulloch. "I'm there for you but will not be in the way. I don't want to take your money as an all-inclusive because I want you to go out and see Jamaica. The Lethe Estate is for the traveler who really wants to know Jamaica."

The inn includes a gourmet restaurant, pool, tennis, and plush rooms. A top daytime activity here is floating on a bamboo raft down the river under a canopy of forest. Guests enjoy a free shuttle to the beach and to shopping areas daily.

VERNEY'S TROPICAL RESORT, $
Leader Avenue, Montego Bay
☎ *876/952-2875 or 876/952-8628, fax 876/979-2944*

✺ This 27-room inn is an excellent place to find true Jamaican hospitality. Rooms are nothing fancy, but owners Kathleen and Earnest Sterling are on property like around-the-clock concierges. Need a babysitter? Kathleen will find you one. Want to know where to shop for spices? Just ask. You'll feel like part of the family. "We really believe in personal service because once you are away from home it is good to know someone cares," says Kathleen.

The hotel's **Kit Kat** restaurant is often recommended by hoteliers in Montego Bay if they're asked for real Jamaican cooking.

Between Meals

Accompong Maroon Tour
☎ *876/979-0308*
Hours: 8am-6pm, daily
Admission: fee
The Maroons were escaped slaves who headed for the hills in the 17th century and were never captured (see sidebar on page 3). Today the Maroons live as their own society, separate from Jamaican law, with their own elected officials and rules

in a remote region of Jamaica known as Cockpit Country. We flew over this area one time in a small four-seater plane traveling from Kingston to Negril. This huge region is devoid of roads and marked by only a few homes here and there. It is extremely hilly and verdant, little changed from the days when the original Maroons made their homes here.

The "capital" of the region is the community of Accompong. The tour makes a visit in this unique town for a look at its historic buildings and a visit with some of its residents, who are considered the greatest herbalists in Jamaica.

Appleton Express
Book with your hotel tour desk
Hours: Operates 8:30am-4pm, Tuesday, Wednesday, and Thursday
Admission: fee
The Appleton Express is an air-conditioned bus that travels from MoBay to the Appleton Rum Distillery on the south side of the island. (If you traveled to Jamaica a decade ago, you may remember that the Appleton Express was formerly a train that took day trippers across the island. Sadly, the train no longer runs. Ahh... the good old days.)

Today's tour includes a stop at the Appleton Rum Distillery for a tour and a tasting (every visitor gets a complimentary bottle; children get soft drinks). There's also a stop at Ipswich Caves.

Barnett Estate
Granville Main Road
☎ 876/952-2382, fax 876/952-6342
Hours: daily
Admission: fee ($10 for great house tour, $45 to include plantation horseback tour)
This plantation tour is one of the island's best. This longtime farm has grown everything from sugarcane to coconuts. Samples are offered during a one-hour horseback tour.

Belvedere Estate
☎ *876/956-7310*
Hours: 10am-3:30pm, Monday to Saturday
Admission: fee
Take a peek back at the plantation days with this heritage tour.

Bob Marley Experience
Half Moon Shopping Village
North Coast Highway
Hours: 10-6, daily
Admission: free
This new attraction features a 68-seat theater where you can watch a documentary on the life and works of reggae great Bob Marley. The film runs eight to 10 times daily. The largest part of the attraction is a huge shop filled with Marley memorabilia: CDs, books, T-shirts, and more. The shop claims to have the largest collection of Marley gifts in the Caribbean.

Croydon in the Mountains
☎ *876/979-8267*
Hours: 8:30am-5:30pm, daily
Admission: fee
This pineapple and coffee plantation offers half-day tours. Located 20 miles into the interior near Cockpit Country, the 132-acre estate was the birthplace of Samuel Sharpe, a national hero on this island.

The site continues as a working plantation where you can learn about the preparation of coffee, honey, pineapples, and more. Tours include a Jamaican lunch served with Blue Mountain coffee.

Doctor's Cave Beach
☎ *876/952-2566*
Hours: open daily
Admission: fee
In 1906 Dr. Alexander James McCatty stated that the waters off this beach had all kinds of health benefits (there are minerals in the water). The doctor donated his property to start a bathing club; access was through a cave that was later destroyed by a hurricane in 1932.

Today this spot is still called Doctor's Cave Beach and is a favorite with locals as well as with travelers staying in the downtown hotels.

Greenwood Great House
North Coast Highway, 15 miles east of MoBay
☎ *876/953-1077*
Hours: daily, 9-6
Admission: fee
This was once the home of the Barrett family (as in Elizabeth Barrett Browning). Tours here include a look at the finery enjoyed by the plantation families; after your tour take a break at the pub here.

Lethe Mountain Valley Rafting
20 minutes west of Montego Bay
☎ *876/956-4920-6*
Hours: 9am-5pm, daily
Admission: fee
This is the epitome of relaxation. Climb aboard a bamboo raft and take a one-hour float down the tranquil Great River. The ride is quiet and hassle free (no vendors here, in contrast to the Rio Grande rafting excursion) and you're welcome to take a dip in the river if you like. Be sure to bring along money to tip your raftsman. The ride isn't cheap (about $36 per raft) but it is very relaxing.

Lethe Plantation Jitney Tour
20 minutes west of Montego Bay
☎ *876/952-0527*
Hours: 9am to 4pm daily
Admission: fee
Located 20 minutes from MoBay, the Lethe Plantation tour is a popular excursion that allows you to take a look at the Great River valley. Owned by Francis and Doreen Tulloch of Lethe Estate (see *Intimate Inns*, above) and Lethe Mountain Rafting, this attraction includes a reconstructed tropical village with freshwater fish ponds, a tropical garden, and a look at a banana plantation from an open-air jitney.

Martha Brae River Rafting
☎ *876/954-5168 or book through your hotel tour desk.*
Hours: Opens daily at 9am; closes at sunset
Admission: fee
Like the Mountain Rafting at Lethe and the Rio Grande, this attraction features rafting down a tranquil river (the Martha Brae). The ride lasts about 1½ hours.

Mobay UnderSea Tours
Gloucester Avenue, downtown MoBay
☎ *876/979-2281*
Hours: daily
Admission: fee
Not a true submarine but a sort of a deep glass-bottom boat with portholes, this is a fun and educational attraction that's a must (especially if you don't enjoy scuba diving or snorkeling. The tours depart from Margueritaville and you are shuttled out to the vessel. A short walk down the stairs and you'll be in the glass hull surrounded by viewing windows that look onto MoBay's Marine Park. Sponges, corals and numerous fish (even a few turtles during our visit!) make the ride spectacular. Just US$30.

Rocklands Feeding Station
Anchovy
☎ *876/952-2009*
Hours: 3:30 and 5pm, daily
Admission: fee
This is the home of Lisa Salmon, 93, Jamaica's best-known ornithologist. Her home is a veritable bird sanctuary surrounded by clouds of grassquits, saffron finches and, most especially, hummingbirds.

Salmon's Dream

Lisa Salmon moved to the verdant hillside in April 1952 and found the site, located a short drive from the beaches of Montego Bay, filled with feathered friends. Through the years, Salmon worked as a bird advocate, achieving an enforced limit on Jamaica's bird hunting season. In 1959 she opened the bird sanctuary and since that time travelers from around the world have hand-fed the regular guests of this bird diner. Tiny finches flutter around outstretched palms filled with birdseed while fast-as-lightning hummingbirds drink from a hand-held bottle of sugar water.

Rose Hall
North Coast Highway
☎ 876/953-2323
Hours: 9-6 daily
Admission: fee
Rose Hall is the best-known great house in Jamaica and is an easy afternoon visit for Montego Bay guests. This was once the home of the notorious Annie Palmer, better known as the White Witch.

Annie Palmer, the White Witch

As the story goes, Annie was born in 1802 in England to an English mother and Irish father. At the age of 10, her family moved to Haiti, and soon her parents died of yellow fever. Annie was adopted by her governess, a Haitian voodoo priestess. The young girl became skilled in the practice of voodoo.

Annie moved to Jamaica, married, and set about building Rose Hall. The plantation was enormous, spanning 6,600 acres that were maintained by over 2,000 slaves.

According to legend, Annie murdered several of her husbands and her slave lovers. Readers who would like to know more about the tales of Rose Hall can read the novel The White Witch of Rose Hall, *available at the Rose Hall gift shop and other stores throughout the island.*

Today guided tours take you to the ballroom, dining room, Annie's bedroom, and finally to her grave. After a tour, stop by the pub for a taste of rum or a local beer.

Working Off Those Meals

Montego Bay is home to plenty of activity, much of it centered around the beach and the sea. Landlubbers will also find exercise on the golf greens as well as horseback riding, biking, and hiking.

☼ Cycling

Many resorts offer bike rentals (and some, such as Half Moon, include the equipment with the all-inclusive package). If your resort doesn't offer bike rentals, call one of these operators:

Kryss Bike Rental Limited - - - - - ☎ 876/940-0476
Quality Bike Rental - - - - - - - - - - - ☎ 876/979-3531
Tropic Ride Car & Bike Rental - - ☎ 876/952-7096

☼ ***TIP:*** *Stay off of the North Coast Highway if at all possible. Stick to the smaller roads to avoid traffic. Be warned.*

☼ Fishing

Try your luck reeling in a marlin, tuna, kingfish, or bonito with a half- or full-day charter. Expect to pay about $300 for a half-day cruise, which should include just about everything your group will need for the excursion.

Rhapsody - ☎ 876/979-0104
Seaworld - ☎ 876/953-2188

☼ Golf

Montego Bay is home to several top courses:

Half Moon, ☎ 876/953-3105. This 18-hole course is the home of the Red Stripe Pro Am. Designed by Robert Trent Jones, it is considered one of the island's best. Rates run $95. Facilities include a clubhouse, restaurant, bar, and pro shop.

Ironshore, ☎ 876/953-2800. Links-style golf is the attraction of this 18-hole course. Rates run $45; facilities include a clubhouse, restaurant, bar, and pro shop.

Tryall, ☎ 876/956-5681. This 18-hole course is one of the best in the Caribbean. Built on a 19th-century sugar plantation, it is an official PGA tour-approved course and is the site of many tournaments. Facilities include a clubhouse, restaurant, bar and pro shop. Rates run $40-$60 for guests, $100-$125 for those not registered at Tryall.

Wyndham Rose Hall, ☎ 876/953-2650. This 18-hole course has hosted many invitational tournaments and is well known by golfers and non-golfers alike because of its location on the grounds of the historic Rose Hall great house. Rates run $50-$60. Facilities include a clubhouse, restaurant, bar, and pro shop.

❁ Horseback Riding

Rocky Point Stables
North Coast Highway, next to Half Moon
☎ 876/953-2286, fax 876/953-9489
This well-respected stable offers horseback rides and lessons as well as pony rides. Lessons on dressage and show jumping are available as well as polo lessons (arena polo is played seasonally Tuesdays at 4:30pm). Several organized rides are also offered. The Jungle Jaunt (45 minutes, scheduled for 9am, 10am, and 3pm) is for beginners, starting with a short lesson in the arena then a trek through the Half Moon Nature Reserve. Tryall Trail (90 minutes, scheduled for 9am, 10am, and 3pm) travels along bridle paths to the village of Tryall, back through the Half Moon Golf Course. Trail and Treat (2½ hours, 9am only) combines a ride into the mountains to Tryall with a dip in the ocean.

❁ Scuba diving

The waters off Montego Bay's shores are protected as the **Montego Bay Marine Park** (☎ 876/952-5619). This park is the first of two being established by the government to protect

its marine resources. You can have a look at this underwater world aboard the *Mobay UnderSea Tour* submarine (see *Between Meals*, above) or, if you're a certified diver, check it out with one of these operators (all-inclusive resorts have their own operators):

Jamaqua Dive Centre - - - - - - - - - ☎ 876/973-4845
Poseidon Divers - - - - - - - - - - - - - ☎ 876/952-3624

❁ Shopping

Montego Bay's Sangster International Airport has a good selection of gift shops (unless you are on one of the early morning flights, that is.) In the departures area, look for:

- **Celebrate Jamaica** for sweets (don't miss the Tia Maria-filled chocolates!).
- **Coffee and Spice** for a final taste of Jamaica.
- **Sunshine Liquors**.
- **The Perfume Shop**.
- **Jamaica Farewell** for duty free liquor and tobacco.
- **Charlene's Books and Sundries** for a good selection of local books including some cookbooks.
- **Things Jamaican** for weavings, ceramics, leather goods, bamboo souvenirs, and other local crafts.
- **Gallery of Caribbean Art** for paintings/carvings.
- **Island Creations Craft and Linen Store**.
- **Maid in Jamaica** for more locally produced crafts.
- **Flowers and Fruits** for a good selection of jams, jellies, and juices made from tropical fruits.

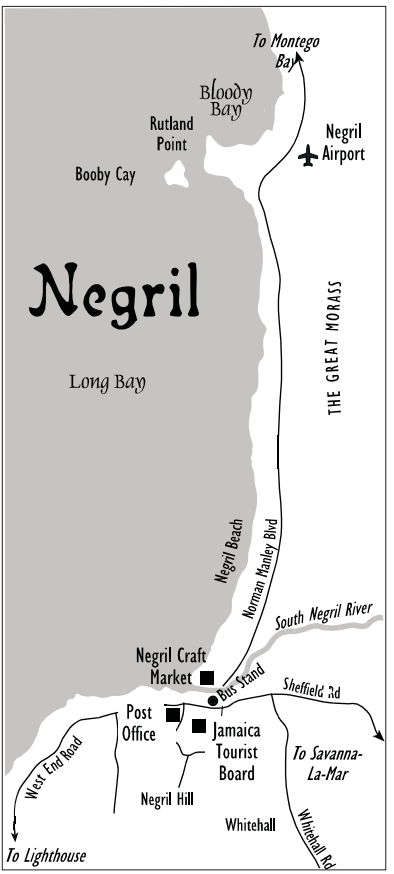
Another option around Montego Bay are the local shopping centers. Top shopping centers are **City Centre,** a block-long collection of duty-free shops, the new (and high-priced) **Half Moon Shopping Village**, and our favorite, the **Holiday Village Shopping Centre** near Holiday Inn SunSpree. Look

for Bob Marley T-shirts, rasta tams, woodcarvings, straw baskets, and more.

Montego Bay is also home of the **Craft Market**. After shopping, take a break with a soft drink or "sky juice" (like our snow cone) sold from pushcarts beneath the shade trees. Some gift ideas include small straw baskets ($3), tiny straw purses ($4), friendship bracelets in rasta colors ($1), coffee bean necklaces ($2), and bamboo bangles ($4).

> ☼ ***TIP:*** *Many travelers avoid the market because of fears of high-pressure sales, but we have found the market delightful. A friendly "good morning," abstaining from photos until a purchase (no matter how small) is made, and general good manners will go far with the salespeople. On a recent visit, one cheerful vendor gave us a small basket as a gift.*

Negril



Negril was once the bad boy of Jamaica, a place where hippies went to spend time in hammocks under the palm trees, smoking ganja and following a hippie lifestyle.

Today this westernmost community has gained respectability and is home to all types of resorts that attract everyone from swingers to families. Law mandates that no building here can be taller than a palm tree so the look is low-rise, following the coast from Bloody Bay (named for the days when the whalers cleaned their catch here) to the cliffs at its southern end where the Negril Lighthouse still signals the rocks to ships.

Negril is best known for its seven miles of beach, home to the city's largest share of accommodations and plenty of small restaurants. Travelers staying along this stretch can walk the beach from property to property.

Recommended Restaurants

BAMBOO RESTAURANT, $
Root's Bamboo, Norman Manley Boulevard
☎ *876/957-4479*
Dress code: casual
Reservations: not needed

☼ This casual eatery serves Jamaican and international dishes. Alternatively, stop by to visit the Root's Bamboo Beach Bar for fun along Negril's famous seven mile beach.

CASAVA TERRACE, all-inclusive
Couples Negril, Norman Manley Boulevard
☎ *876/957-5960*
Dress code: casually elegant
Reservations: required

☼ Night passes are available for non-guests at Couples Negril, the latest addition to this resort community's all-inclusive offerings. Casava Terrace offers a menu that rotates nightly and features a fine selection of local cuisine. Choose from local favorites such as brown stew chicken, braised ox-tail with broad beans, West Indian vegetarian roti, grilled lobster medallions with lime-garlic butter, creole Bloody Bay stew with okra, baked squirrel fish in banana leaves and, of course, rice and peas.

Tiramisu, Couples Negril

- *5 tablespoons sugar*
- *2 ounces cream cheese*
- *3 teaspoons Marsala wine, plus 2 additional ounces*
- *2 cups expresso*
- *24 French-style ladyfingers*
- *2 egg yolks*
- *6 ounces mascarpone cheese*

- *7 ounces whipped cream*
- *½ cup warm water*
- *3 tablespoons powdered sweetened cocoa mix*

Prepare cream mixture. Whip sugar and egg yolks on high speed mixer until thick and blond in color. On medium speed, add cream cheese and whip until smooth. Add mascarpone and 3 tablespoons of Marsala. Mix until incorporated, fold in whipped cream and refrigerate.

Prepare expresso mixture. Combine expresso, remainder of Marsala, sugar and warm water.

Assemble tiramisu. Dip ladyfingers in expresso mixture. Place one layer of dipped ladyfingers on bottom of serving platter. Top with one layer of cream mixture. Add another layer of dipped ladyfingers, topped with a second layer of cream mixture. Sift cocoa over top. Yields four servings. ☼

COCONUT PALM RESTAURANT, $$-$$$
Negril Cabins Resort, Norman Manley Boulevard
☎ 876/957-5350
Dress code: casually elegant
Reservations: suggested

☼ We have fond memories of this open-air eatery that bring back the spicy tastes of Jamaica and the joy of dining beneath the stars. Jamaican dishes are featured heavily on this menu, created by a talented chef.

COSMO'S SEAFOOD RESTAURANT & BAR, $$-$$$
Norman Manley Boulevard, ☎ 876/957-4330
Dress code: casual
Reservations: not needed

☼ Cosmo's is a long-time favorite with Negril travelers looking for good seafood. Super casual, the restaurant is right on the beach and visitors travel in and out of the restaurant to the beach. Specialties here include conch, lobster, and daily catches.

DA BUSS, $
Norman Manley Boulevard
☎ *876/957-4405*
Dress code: casual
Reservations: not needed

Located right on Negril's main road, Norman Manley Boulevard, this restaurant is easy to find: just look for the bus. The colorful double decker once starred in a Bond flick; now it takes a lead role in casual Negril dining with jerk and other local favorites.

FEATHERS CONTINENTAL RESTAURANT, all-inclusive
Swept Away, Norman Manley Boulevard
☎ *876/957-4061*
Dress code: casually elegant or dressy
Reservations: required, usually 24 hours in advance

The all-inclusive Swept Away resort opens its Feathers restaurant for non-guests and fine dining is the order of the day. Menu offerings start with pan-seared sweetbreads in a vermouth reduction, Corvoisier escargot in crisped phyllo, and Cornish game hen galantine on a berry and lemon grass relish. Entrées range from baked Black River crayfish to ackee-enhanced vegetable Bolognese to roasted loin of pork with a grainy mustard accompanied by mango chutney.

CHEF PROFILE: *Swept Away diners have the opportunity to taste the creations of* ***Frank Sham****, Executive Chef, who recently was given the Award of Excellence by the International Hospitality and Restaurant Ratings bureau. Sham was the first chef in Jamaica to receive the honor. He is noted for his innovative approaches to dishes, which include capellini with jerk sausage, vermouth-marinated chicken breast with quail eggs, baked talapia with a mushroom and cashew crust, and cho-cho and pumpkin cannelloni.*

Garden Egg Rundown, Swept Away

☼ What's a garden egg? The Jamaican name for an eggplant. This delightful dish from Bryan Forrester, one of the chefs at Feathers, won the Emancipation Award at Jamaica's National Culinary Championship for recreating a long forgotten dish.

- *1 pound garden egg*
- *1 finely minced Scotch bonnet pepper*
- *1 dry coconut*
- *1 small onion, diced*
- *4 stalks scallion, chopped*
- *1 sprig fresh thyme*
- *4 ounces frozen green peas*
- *Salt to taste*

Wash garden egg and cut into large dice. Set aside.

In a bowl, break the coconut, making sure to save the coconut water. Using a hand grater, grate all the coconut meat and add it to a pint of vegetable stock and the reserved coconut water. Simmer for 20 minutes to extract all the coconut flavor. Strain.

Into the strained coconut milk, add all the remaining ingredients with the exception of the green peas. Simmer until all the vegetables are tender. Add the green peas and simmer until the peas are warm. ☼

THE HUNGRY LION, $-$$
West End Road, ☎ 876/957-4486
Dress code: casual
Reservations: suggested

☼ This relaxed eatery serves up excellent, flavorful vegetarian dishes, including a meatless shepherd's pie and pastas.

KIMONO'S, all-inclusive
Sandals Negril, Norman Manley Boulevard
☎ 876/957-5216
Dress code: casually elegant
Reservations: required

This couples-only restaurant features Teppanyaki-style dining; chefs prepare meals right at the table.

Kimono's Sample Dinner Menu

- APPETIZERS: Caribbean style sushi; sweet & sour chicken wings; Cantonese springs rolls; crab & cucumber roll.
- SOUPS: Crab/sweet corn; chicken/garlic black bean.
- SALAD: Oriental salad bowl; mixed greens with a honey-lime and ginger dressing.
- ENTREES: The Emperor's Feast, an oriental platter of sesame chicken breast, strip steak sukiyaki, pepper sherry tiger shrimp, pork tenderloin Caribe, ginger scallops, glazed marlin teriyaki served with sushi rice and stir-fried vegetables.
- DESSERT: A selection of freshly made desserts.

KUYABA ON THE BEACH, $-$$
Norman Manley Boulevard, ☎ 876/957-4318
Dress code: casual
Reservations: not needed

Dine on international dishes with a Jamaican flair. The mood here is as casual as can be and guests feel free to go from the restaurant right out to the beach. Complimentary pick-up from area hotels.

LAVENDOME RESTAURANT, $$$
Charela Inn, Norman Manley Boulevard
☎ 876/957-4277
Dress code: casual
Reservations: suggested

Dine inside or outdoor just steps from the sand at this fun restaurant that features Jamaican dishes with a French twist.

Tea Loaf, Charela Inn

- *8 ounces butter*
- *3 pounds flour*
- *1½ pounds minced dried fruits*
- *5 cups (2 ounces) tea*
- *6 teaspoons baking soda*
- *18 ounces sugar*

Bring tea to a boil. Cover, simmer, remove from heat. Stir in baking soda and leave to cool. Mix flour and sugar. Rub in butter until crumbly. Add soaked fruit and liquid to dry ingredients. Mix. Bake at 350□ degrees for 1½ hours. ☼

MARGUERITAVILLE, $$-$$$
Norman Manley Boulevard, ☎ 876/957-4467
Dress code: casual
Reservations: not needed

☼ Like its sister restaurant in Montego Bay, this new restaurant is a favorite with tourists looking for rowdy fun. Super casual, the restaurant is better known for its party atmosphere than its food. Look for a Frisbee golf course, volleyball, basketball, a beach club. And, yeah, there's food, too: burgers, sandwiches, fish, chicken, and lobster, not to mention over 50 types of margaritas.

ORCHID TERRACE RESTAURANT, $$
Negril Gardens, Norman Manley Boulevard
☎ 876/957-4408
Dress code: casual
Reservations: not needed

☼ This casual restaurant offers dining with a different theme every night. On Wednesday night, enjoy a beach barbecue; Sunday is Jamaican night, featuring the Ashanti Dancers in a spectacular show.

Garlic Pepper Shrimp, Couples Negril

- *½ pound shrimp, peeled*
- *3 ounces onion, chopped*
- *2-3 ounces scallion, chopped*
- *3-4 cloves garlic, chopped*
- *1 medium Scotch bonnet pepper*
- *Thyme and parsley, chopped*
- *2 ounces white wine*
- *2-4 ounces butter*
- *1-2 ounces rum*
- *Salt and pepper to taste*

Sauté all the vegetables in a frying pan in the butter over high heat for one minute. Add the shrimp and toss over high heat for three to four minutes, depending on the size. Add the white wine and reduce by half. Add the rum and flambé, lighting the mixture and allowing the alcohol to burn off. Whisk in some cold butter and serve immediately.

OTAHEITE, all-inclusive
Couples Negril, Norman Manley Boulevard
☎ 876/957-5960
Dress code: dressy
Reservations: required

Otaheite is the fine dining restaurant at Couples Negril, offering a gourmet twist on local cuisine. Start with appetizers such as seared beef carpaccio, jerk pork and provolone turnover, or roasted corn and crab fritters. Soups reveal the richness of Jamaica's many offerings: roasted pumpkin puree, Middle Quarters shrimp consommé, pasta and roasted eggplant chowder, or green pea purée with bacon crisps. Chefs really outdo themselves with the entrées, which marry Jamaican ingredients and gourmet talents. Dine on Cornish hen paella (in which Jamaican jerk sausage spices up the Spanish dish), baked yellowtail snapper with a smoked marlin mousse stuffing, pan seared Atlantic salmon with jerk coating, or thyme skewered swordfish and prawns. One unique dish is Ethiopian Doro Wat, the national dish of modern day Abyssinia, a skinless chicken stew with a fragrant

Berbere sauce, made with a blend of Ethiopian spices containing cardamon, coriander, garlic, red pepper and more.

Otaheite Sample Dinner Menu

- APPETIZERS: Ceviche of Bloody Bay treasures (fishermen's catch "cooked" in West Indian lime juice); seared beef carpaccio complimented with thin onion rings and Parmesan cheese; sweet and Irish potato foccacia with reduction of herb oils and balsamic vinegar; jerk pork and provolone turnover with artichokes.
- SOUPS: Roasted pumpkin purée (thick and creamy version of this local staple); Middle Quarters shrimp consommé; shrimp quenelles and vermouth; iced gazpacho cocktail; traditional Spanish cold soup made with Jamaican plum tomatoes.
- SALADS: Molasses-marinated three-bean salad; Negril market salads; homemade beet pickles with a hint of tarragon.
- ENTREES: Pan-seared Atlantic salmon; skewered thyme swordfish and prawns; Ethiopian doro wot (national dish of modern day Abyssinia), skinless chicken stew with a fragrant Berbere-flavored sauce; grilled lamb shoulder chops; fricassée of wild rabbit with mushrooms.
- DESSERTS: Warm ortanique orange crêpes surrounding grapenut ice cream; chocolate in three forms with different daily selections; crispy layered pineapple; slices of dried pineapple paired with Blue Mountain coffee mousse; cheese selection; jelly coconut terrine coated with roasted pistachios; a light preparation of the fruit from the coconut palm tree highlighted by tropical fruit coulis.

PIACERE, all-inclusive
Grand Lido Negril, Norman Manley Boulevard
☎ *876/957-5011*
Dress code: dressy (jackets required)
Reservations: required

✺ This elegant eatery is one of the best all-inclusive restaurants on the island, and (unlike the other fine dining restaurants at SuperClubs resorts) is available only to guests of Grand Lido Negril. Start the meal with slivers of home-smoked pork tenderloin, seafood symphony pancake, or

chilled mango nectar. Entrées are equally intriguing: tournedos of Black Angus beef tenderloin, grilled swordfish grenadine, skillet-roasted veal chop, pan-fried deep-sea halibut, and crown roast of lamb.

Pumpkin Soup, Grand Lido Negril

- *½ cup chopped onion*
- *2.2 pounds pumpkin (peeled, cut into large dice)*
- *2 quarts chicken stock or vegetable stock*
- *1 Scotch bonnet pepper*
- *3 sprigs of scallions (cut thin)*
- *2 cloves garlic, minced*
- *1 bay leaf*
- *2-3 sprigs fresh thyme, chopped*
- *salt and pepper to taste*
- *¼ pound butter*

Sauté onions in butter in a large pot until transparent. Add pumpkin and fill with stock. Add the remaining ingredients and bring to boil. Simmer for about half an hour or to desired consistency. Remove Scotch bonnet pepper and serve piping hot.

Finish off the evening with a taste of Blue Mountain coffee and a decadent dessert. We loved our dinner here; this restaurant really stands out in our memories.

Seafood Medley, Grand Lido Negril

- *1 small lobster with shell (5½ ounces total)*
- *2 ounces shrimp (or three jumbo shrimp)*
- *2 ounces scallops (or six pieces)*
- *2 squash, cut small and blanched*
- *2 carrots, cut small and blanched*
- *1 full cup fettuccine (or 4 ounces cooked)*
- *1 tablespoon olive oil*
- *1 tablespoon butter*
- *1 cup white wine*
- *¼ cup sliced onion*

- *2 bay leaves, broken small*
- *2 teaspoons tarragon*
- *1 teaspoon ginger*
- *1 cup heavy whipping cream*
- *1 tablespoon butter*
- *Salt and pepper to taste*
- *¼ cup butter*
- *1 teaspoon water*
- *3 drops of lime juice*

Heat oil and butter. Sauté lobster for five minutes. Remove from pan and sauté shrimp and scallops for two minutes. Put aside.

Melt 1 tablespoon butter and add onion, ginger, and bay leaves. When the onion is yellowish, add half of the tarragon and all the wine, reduce for five minutes. When liquid is almost dry, add heavy cream and whisk, then add salt and pepper to taste. When sauce thickens, add butter a little at a time. Stir constantly, never allowing the sauce boil. Remove from stove and add ¼ cup butter, 1 teaspoon water and three drops lime juice. Strain sauce and mix with the remaining tarragon.

Place pasta on plate, top with seafood. Add blanched vegetables around dish. Pour tarragon sauce on top.

CHEF PROFILE: *Grand Lido Negril boasts spectacular nightly creations thanks to the talents of Executive Chef* ***Denis Jaricot****, a native of Lyon, France. The chef completed formal training at Lyon's Ecole Professional Rhone-Alpe before apprenticing at the PLM Hotel in Lyon. In 1972 Jaricot worked with gold medallist Chef Charles Janon at the Inter-Continental Hotel in Paris. Eventually Jaricot moved to Canada and joined the Four Seasons, working in Toronto at the Four Seasons Inn on the Park and then the Four Seasons Hotel Toronto.*

PICKLED PARROT RESTAURANT, $$-$$$
West End Road, ☎ 876/957-4864
Dress code: casual
Reservations: not needed

❁ Pickled Parrot is the kind of place you come to get, well, pickled. Known for its spring break atmosphere, you can't miss this restaurant if you're out boating along the cliffs: just look for the waterslide. A great place for a sunset dinner, to enjoy American, Jamaican, and Mexican dishes.

RICK'S CAFÉ, $$
West End Road, ☎ 876/957-0380
Dress code: casual
Reservations: not needed

❁ Known as Negril's top sunset bar, Rick's is also a popular restaurant with Negril vacationers. Filet mignon, kingfish, broiled lobster, jerk chicken, coco bread pizza, and blackened chicken breast are served in the open-air dining room. Get there early if you'd like a table by the edge for the best view.

> ❁ ***TIP:*** *Bring along cash for this stop: credit cards are not accepted.*

It's not the best restaurant in Negril and definitely not the place to go for a quiet, romantic dinner (the daredevils jumping off the cliffs take care of that), but it is always a fun hangout and a terrific spot to watch the sunset.

THE ROCKHOUSE RESTAURANT AND BAR, $-$$
Rockhouse, West End Road
☎ 876/957-4373, fax 876/957-4373
Dress code: casual
Reservations: recommended for dinner

❁ Breakfast, lunch and dinner are served at this open-air eatery, just steps from busy West End Road. Once through the gates at Rockhouse and seated beneath the restaurant's thatched roof, you'll feel that you are tucked away from the world. The restaurant and bar are perched high on Negril's bluffs and look directly out to sea and an unbeatable

sunset. Jamaican cuisine with European influences are the specialties here.

Bread Pudding, Rockhouse

- *3 pounds harddough bread*
- *10 eggs*
- *1 quart heavy cream*
- *2 ounces Jamaican white rum*
- *½ cup chopped raisins*
- *1 teaspoon vanilla*
- *½ pound sugar*
- *1 quart milk*
- *1 teaspoon cinnamon*

Dice bread ½x½x¼-inch cubes. Place on a thin sheet. Put in oven for 10 minutes at 300□. Put all other ingredients in a bowl. Mix slightly, add bread, and let sit for 10 minutes. Grease a 4½ x 16-inch loaf pan. Bake at 350□ for 35 to 40 minutes until done. ☼

SEASIDE BAR AND GRILL, $-$$
Coco La Palm Seaside Resort, Norman Manley Boulevard
☎ *876/957-4227*
Dress code: casual
Reservations: not required

☼ We came to Coco La Palm after almost a week of eating our way around Jamaica. Would it be fair to judge a restaurant after so many excellent meals? Were we up to another Jamaican feast? There was only one way to know. Coco La Palm made the task easy. We could dine at this excellent open-air restaurant night after night and never have our fill. A diverse menu keeps things interesting, Jamaican specialties transformed into culinary masterpieces.

Smoked Marlin & Ackee Cream Cheese Tart, Coco La Palm

❁ This inventive recipe was created at Coco La Palm Resort by Pastry Chef Maggie Cantieni.

Crust:

- *½ cup whole wheat flour*
- *¼ teaspoon salt*
- *2 ounces butter, softened*

Mix all ingredients and press into spring form pan. Puncture with fork and pre-bake at 350□ for 15 minutes.

Tart:

- *1 pound cream cheese*
- *2 whole eggs*
- *½ cup sour cream*
- *2 ounces smoked marlin, diced ¼ inch*
- *2 ounces ackee, cooked or canned*
- *1 scallion, chopped*
- *½ hot chili pepper (habañero or serraño)*
- *Salt and pepper, to taste*
- *Tomato salsa, fresh or canned, for garnish*

Blend cream cheese and eggs. Fold in remaining ingredients. Season to taste, pour into spring form pan and bake at 350□ for 45 minutes. Allow to cool, then divide into eight slices. Garnish with tomato salsa. ❁

For dessert, we turned to the cheesecake, even after we learned a slice of the devilish dessert had nearly 40 grams of fat. We'd work it off with a long swim tomorrow. No problem.

Seaside Sample Menu

- ❁ APPETIZER: Smoked marlin cheese torte.
- ❁ ENTREES: Coconut-crusted snapper on a bed of callaloo with polenta fried with rum; lime broiled chicken breast with honey-lime butter jerk festival fettucine; jerk chicken, pork, and sausage over pasta.
- ❁ DESSERT: Pumpkin-cranberry cheesecake.

Jamaican Coconut Rum Cheesecake, Coco La Palm

Crust:

- *1¼ cups graham cracker crumbs*
- *¼ cup coconut flakes*
- *2 ounces butter, melted*

Cheesecake:

- *2 pounds cream cheese, room temperature*
- *1 cup sugar*
- *3 tablespoons flour*
- *4 whole eggs*
- *1 cup sour cream*
- *1 cup coconut rum*
- *1 cup coconut flakes*

Make the crust. Mix ingredients and press into a 9½-inch spring form pan.

Make the cake. Cream together cream cheese, sugar, and flour. Mix in eggs, one at a time. Fold in sour cream. Add rum and coconut flakes. Stir slowly, mixing well. Pour into crust-lined pan and bake in 350□ oven for 1 to 1¼ hours. Remove and allow to cool. *Makes 12 servings.* ☼

CHEF PROFILE: *You might be more likely to find* ***Bruno and Maggie Cantieni*** *behind the desk at Coco La Palm, but their influence is found in the kitchen as well. The general manager and executive assistant manager of this Negril resort bring to the Seaside Bar and Grill a long history of food experience. Bruno, born and professionally trained in Switzerland, had a successful career in the kitchen and became a Certified Master Chef before moving into hotel management. Maggie Cantieni, who once followed a career as a gemologist, was restaurant manager/pastry chef for a property the couple owned in California, for several large bakeries, and for her own catering business. Today Maggie still is a strong influence in the creations of the kitchen, especially the baked goods.*

SEVILLE, all-inclusive
Beaches Negril, West End Road
☎ *876/957-9270*
Dress code: dressy
Reservations: required

❁ Non-guests can buy a night pass for Beaches Negril and select from one of several restaurants, including this Jamaican eatery. Here white-gloved attendants serve Jamaican dishes prepared with a gourmet flair.

Seville Restaurant Sample Dinner Menu

- APPETIZER: Nori-wrapped oyster mushroom and breadfruit terrine; Blue Mountain crabcake with a black pepper and papaya remoulade; West Indian shrimp and cashew nut pilaf on sweet potato and corn pancakes; Caribbean seafood cocktail (a mélange of fresh and smoked seafood served with a papaya black pepper remoulade); melon cocktail with local honey and lime syrup.
- SOUP: Cream of potato soup with fresh thyme and salt cod flakes; soup du jour.
- SALAD: Salad Seville, an array of crisp greens and garden fresh vegetables tossed in a champagne dressing; sundried tomato Caesar with crisp plantain croutons; chilled yam salad topped with smoked blue marlin, marinated peppers, and painted with mustard vinaigrette.
- ENTREES: Crisp red snapper served on a spicy creole ratatouille; jerk salmon filet; Caribbean seafood ragout (local seafood served with linguini noodles); caramelized chicken breast Calypso; grilled beef tenderloin laced with tropical fruit; pan-seared veal medallion; chef's daily special; lamb loin Wellington; pimento wood-smoked pork loin heaped with roasted pineapple relish; portabello mushroom and local vegetable "Neopolitan."

THE SUNDOWNER, all-inclusive
Sandals Negril, Norman Manley Boulevard
☎ 876/957-5216
Dress code: dressy; long pants and collared shirt required
Reservations: not required

White-gloved service makes dining at this eatery a special experience. The couples-only restaurant serves Caribbean cuisine.

The Sundowner Sample Dinner Menu

- APPETIZERS: Bahamian conch salad served in bread fruit basket with grilled vegetables; ackee & saltfish served with festival; tropical fruit cocktail marinated in a rum and passionfruit mix served in a dry half coconut; Grenadian ham patty in a puffy pastry.
- SOUP: Soup of the day.
- SALADS: Julia's salad of mixed green vegetables and tomato served with mango, bacon and honey dressing; chef's special salad with cho-cho, cucumber, coconut and carrot served with croutons in a creamy champagne dressing; marinated broccoli and tomato salad with feta cheese.
- ENTREES: Trinidadian curried mutton served in homemade roti with vegetables; Jamaican mahi mahi fillet; jerked suckling pig marinated in local herbs and spices; West Indian cassoulet (seafood sauteed and served on rice and vegetables); St. Vincent "Pelau" (chicken sautéed in brown sugar and cooked with tomato, peas and rice).
- DESSERT: Amaretto & chocolate mousse served with passionfruit sauce; coconut cream pie; Blue Mountain coffee and a selection of gourmet herb tea.

SWEET SPICE, $
1 White Hall Road, ☎ 876/957-4321
Dress code: casual
Reservations: not needed

We enjoyed a wonderful lunch at this traditional Jamaican eatery. You'll be cooled by a small fan and the breeze that comes through the open doorway. Artwork on the blue-

tinted walls consists of framed towels with Jamaican axioms. But this restaurant is the real thing: a Jamaican diner with food to match. Conch steak, curried goat, barbecued chicken, curried shrimp, and curried chicken are top offerings, served with rice. Cool off with a pawpaw daiquiri or a piña colada.

For a real taste of Jamaica home cooking, this restaurant is one of the best spots to visit in Negril.

TAN-YA'S, $$
Sea Splash Resort, Norman Manley Boulevard
☎ *876/957-4041*
Dress code: casual
Reservations: not needed

☼ Save plenty of time for a meal at Tan-ya's because you'll need it. We enjoyed breakfast here but were just about ready to start thinking about lunch by the time our plates came out. This is a small operation with a small kitchen, so don't expect fast-food turnaround times. As Jamaicans often say, "soon come," and yes, it will soon come. Be patient. Enjoy the beautiful beach, take a walk if you like, and when it comes your meal will be worth the wait.

We ordered ackee and bacon, a delightful twist on a traditional island favorite. It was one of the best breakfasts we've ever eaten. You can also have lunch or dinner in this super casual eatery where each table is tucked beneath its own palm-thatched roof. Specialties include deviled crab backs and smoked marlin.

TEPPANYAKI, all-inclusive
Beaches Negril, West End Road
☎ *876/957-9270*
Dress code: casually elegant
Reservations: required

☼ Non-guests can buy a night pass for Beaches Negril and select from one of several restaurants, including this teppanyaki-style eatery. Start with Japanese favorites such as a decorative sushi platter with wasabi and pickled ginger or sariwang lumpia, a fresh vegetable spring roll flavored with roasted garlic and sesame oil served with sweet and sour

sauce. Another favorite started are osaka strings, a soba (a Japanese noodle made from buckwheat flour) salad accompanied by cucumbers, celery, and honey-glazed shrimp. Soups include won ton and creamy corn chowder with crispy fried sweet potato hay. Entrées are prepared at the table by a teppanyaki chef and include chicken breast yakitori infused with lemon grass, dry sherry, ginger, sesame oil and spring onions, pork filet "Loisin Jeung" brushed with hoisin sauce and finished with toasted cashews, and beef teriyaki marinated in a light soy sauce and enhanced with honey, garlic and pickled ginger.

Both children and adults are welcomed at this restaurant. Kids enjoy the "Junior Emperor's Platter," a selection of vegetable spring rolls, chicken nuggets and breaded shrimp served with apricot and honey dip.

Where To Stay

☼ All-Inclusive Resorts

BEACHES NEGRIL, $$-$$$
West End Road
☎ *800/BEACHES, 876/957-9270, fax 876/957-9269*

☼ Located on Long Bay, this is one of the newest members of the Sandals family. Unlike the Sandals couples resorts, however, Beaches is for everyone: families, singles, and couples. The 225-room property includes five specialty restaurants: **Teppanyaki Restaurant** (see *Recommended Restaurants*) serves Asian-Pacific entrées, **The Seveille** (an adults-only option) offers Caribbean cuisine served by white-gloved attendants, **The Mill** has international dishes, **Café Carnival** features Italian food and brick oven pizzas, and the **Last Chance Saloon** serves up Southwestern cuisine in a casual setting. Guests find plenty of options for fun, ranging from scuba diving to video games at the Sega Center.

COUPLES NEGRIL, $$-$$$
Norman Manley Boulevard
☎ *800/268-7537*

☼ This is the newest resort in Negril, a couples-only property that exudes a relaxed, Caribbean atmosphere. Everything is included in your rate, from top shelf liquors to watersports to transfers, as well as some off-property tours.

> ☼ ***TIP:*** *Be sure to ask about the package deal combining a stay at Couples Ocho Rios with Couples Negril.*

Pan-Seared Salmon with Jerk Coating and Caribbean Veggies, Couples Negril

- *12 ounces boneless salmon filet, skin on*
- *4 ounces jerk seasoning (allspice, dried thyme, ginger powder, cinnamon, dried scallion, dried Scotch bonnet pepper, dried chili powder)*
- *1 raw cho-cho per person (8 ounces unpeeled)*
- *1 small speckled plantain*
- *Soya oil for sautéing and grilling*
- *2 ounces olive oil*
- *2 ounces tarragon vinegar*
- *2 small new potatoes per person*
- *1½ ounces dried mango*
- *Ginger powder to taste*
- *Salt and pepper to taste*
- *Fresh lime and fresh tarragon for garnish*

Cut salmon filet into four equal three-ounce pieces. Cut away half of the skin from the filets leaving it attached to the flesh. Dust liberally with jerk seasoning and store in cooler until ready to cook.

Peel and grate raw cho-cho. Toss with the olive oil, dried mango, ginger powder, and tarragon vinegar. Season to taste with salt and pepper and set aside.

Peel and slice the plantain on a bias, brush with soya oil and set aside for grilling.

Blanch the new potatoes in salted water. Slice into rounds, brush with soya oil, season with salt and pepper and set aside for grilling.

Pan-fry the coated salmon in a non-stick skillet over high heat, browning evenly. Grill the plantain and new potato, ensuring grill marks are well developed. Dress the center of the plate with the cho-cho slaw, arrange two salmon pieces on top, pulling the skin to reveal the pink flesh. Arrange the potato and plantain slices around the slaw and garnish with lime and tarragon. ☼

GRAND LIDO NEGRIL, $$$$

Norman Manley Boulevard
☎ 800/GO-SUPER or 876/957-5011, fax 876/957-5517
www.superclubs.com

☼ Part of the SuperClubs chain, this elegant resort is for overachievers who want to relax and kick back on the beach, but still enjoy 24-hour room service, top shelf liquors, and all the amenities of a fine resort. Grand Lido is especially proud of the *M.V. Zein*, a 147-foot yacht that takes guests on sunset cruises. The yacht was originally a wedding gift from Aristotle Onassis to Prince Rainier and Princess Grace.

Daily lessons are offered in snorkeling, scuba diving, and water skiing, and private tennis lessons are available. For something less strenuous, there's the white sand beach for lazy (and, along one stretch, nude) sunbathing, or you can watch satellite TV back in the room. For the ultimate in pampering, guests can indulge with a free manicure or pedicure.

Rasta Delight Vegetarian Dip, Grand Lido Negril

- *¼ bunch parsley, minced*
- *½ bunch scallion, minced*
- *½ bunch basil, minced*
- *24 ounces (6 tubs) plain yogurt*
- *1 tablespoon sugar*
- *1 teaspoon Grace Hot Pepper Sauce*
- *1 bunch chives, minced*

- *1 sprig rosemary, minced*
- *1 pinch pimento seeds, crushed*
- *½ cup lime juice*
- *Dash white vinegar*

Mix all ingredients in a bowl. Season. Serve cold. ☼

HEDONISM II, $$-$$$
Norman Manley Boulevard
☎ 800/GO-SUPER or 876/957-5200, fax 876/957-5289
www.superclubs.com

☼ Travelers don't come to Hedonism II for the food. Ask any guest why they picked this Seven Mile Beach resort and you might hear for the partying, for the nude beach, or for the disco, a throbbing high-tech affair that brings in guests from other Negril resorts with purchase of a night pass.

Meals at Hedonism are basically sustenance, something to keep these revelers going as they compete in a nude body painting contest or show their own particular skills at the weekly talent show.

Although its buffet offerings sometimes fail to excel, Hedonism does has a commendable specialty restaurant: **Pastafari**. Guests must make reservations for this eatery, which features Italian cuisine.

Drinks are also another asset for which Hedonism is noted. Nude beach bartender Delroy is something of a cult figure among Hedonism's frequently returning guests. His concoctions include just about anything alcoholic, but Purple Rain is a frequent request. Non-guests can purchase a day or night pass to enjoy resort restaurants and fun.

Chicken Jam Dong, Sandals Resorts

- *8 ounces boneless chicken breast*
- *½ teaspoon finely chopped garlic*
- *1 ounce finely chopped onions*
- *Pinch freshly ground star anise*
- *1 ounce wet sugar or honey*
- *1 teaspoon shredded fresh ginger*
- *2 ounces tamarind juice*

- *1 ounce coconut milk*
- *¼ ounce chopped scallion*
- *½ teaspoon chopped thyme*
- *¼ teaspoon chopped Scotch bonnet pepper*
- *½ ounce coconut oil or vegetable oil*
- *Salt and pepper to taste*

Combine anise, garlic, tamarind juice, oil, and ginger. Add chicken and marinate for at least four hours. Heat skillet. Pan-grill chicken in skillet until brown on each side. Reduce heat to medium. Add remaining ingredients and simmer until done. ☼

SANDALS NEGRIL, $$$-$$$
Norman Manley Boulevard
☎ 800/SANDALS or 876/957-5216, fax 876/957-5338
www.sandals.com

☼ Part of the popular Sandals chain that originated in Jamaica, this resort is popular with young, sports-oriented couples. Watersports are a big offeringne, with one pool used only for scuba lessons. Tennis, racquetball, squash, and other activities. Dining here includes **The Coconut Cove** for international dishes served indoors and outside, **The 4C's** (Coconut Cove Calorie Counter) for light cuisine prepared tableside, **The Sundowner** for a sunset view, and **Kimonos** teppanyaki-style eatery with meals prepared at the table. (See *Recommended Restaurants* for details.)

> ☼ ***TIP:*** *Restaurants are casually elegant (no beachwear or tank tops). Pants and collared shirts are required at The Sun- downer. Dress shorts are permitted at other restaurants.*

Food Consultant Walter Staib

Sandals resorts take their food as seriously as their fun and has retained food consultant and renowned restaurateur Walter Staib to strengthen the quality of its gastronomic delights. Founder of the Caribbean Hotel Association's Caribbean Culinary Awards of Excellence and the first inductee into the Caribbean Culinary Hall of Fame, Staib is considered one of the foremost experts on interpreting, creating, and promoting the ingredients and qualities of Caribbean cuisine.

"We are delighted to have Walter on our team," said Gordon "Butch" Stewart, chairman of the Sandals Resorts International. "He [Staib] has devoted his life to the selection, preparation, and presentation of fine food. His extraordinary talent will help Sandals to continue on the path of providing the most luxurious resort experience, of which dining is an essential element."

Staib began his culinary career at the age of 14 and received formal training in Europe. In 1989 he launched Concepts by Staib, Ltd., a hospitality consulting firm. Staib has been awarded the prestigious Chevalier de L'Ordre du Mérite Agricole de la République Française in recognition of his dedication to the advancement of the restaurant industry and received the Silver Plate, the restaurant and hospitality industry's highest honor. His flagship restaurant is The City Tavern in Philadelphia, a recreation of an 18th-century public house.

Like other resorts in the chain, Sandals Negril offers guests the "Stay at One, Dine at Six" policy. Guests can dine at other Sandals resorts if they venture to Montego Bay or Ocho Rios.

Jam-Asian Cuisine

Sandals has debuted a new fusion cuisine, combining the tastes of Asian and Jamaican dishes into one savory offering. "The natural ethnic blend between West Indian and Asian cuisines has long existed, but has been overlooked until now," said Walter Staib, culinary consultant for Sandals Resorts International. "The Asian influence has endured since the British brought the Chinese immigrants to work on the sugar cane fields of the West Indies. Many of these immigrants, who were also kept as house servants for the British imperials, had access to their native spices of star anise and curry and mixed them with Jamaican spices such as nutmeg and allspice, and fruits such as coconut, pineapple, papaya and mango. These exciting influences from the East complement the West Indies to create Jam-Asian."

Armando Pizzuti, Food & Beverage Director of Sandals Resorts International says "The food is low in saturated fats, low in sodium, low in cholesterol, and well balanced." Dishes include curried cellophane noodles, Chinese spare ribs, cream of Chinese cabbage with curried shrimp and fresh thyme, tomato-mango chutney, ackee-bacon potstickers, curried chicken with ginger and mango, and char-sui chicken breast.

SWEPT AWAY, $$$-$$$$
Norman Manley Boulevard
☎ *800/545-7937 or 876/957-4061, fax 876/957-4060*

☼ This 134-suite all-inclusive markets itself to the fitness and health-conscious couple. With plenty of sports activities (including watersports and a full gym across the street), Swept Away offers a slightly different package than its neighbors. Dining options here include many healthful choices, including **Feathers** restaurant (see *Recommended Restaurants*). The adults-only Swept Away has a three-night minimum stay.

Hotels

DEVINE DESTINY, $-$$
Summerset Road
☎ *876/957-9184, fax 876/957-3846*

Devine Destiny is especially popular with Europeans as well as vacationing Jamaicans. It is not located on the beach, but instead offers a free shuttle service to take you there. Built around a beautiful pool area, the rooms each include refrigerators and have either air-conditioning or ceiling fans (make a request if either preference is important to you).

NEGRIL CABINS RESORT, $$
Norman Manley Boulevard
☎ *800/382-3444, 876/957-5350, fax 876/957-5381*
E-mail: negrilcabins@toj.com

Negril is bordered to the east by the Great Morass, a swampland rich with peat, a substance that was considered as a possible energy source in the 1970s when scientists studied the feasibility of mining this resource. Environmental concerns about the possibility of damaging Negril's famous Seven Mile Beach put a stop to the mining plans.

During the study of the Morass, these researchers lived in cabins in Negril. Today, Negril Cabins utilizes those original structures plus several new buildings and operates as a resort for those want to combine the luxuries of a hotel with the camping experience. Visitors enjoy Swiss Family Robinson-style accommodations in cabins perched on stilts. Lush grounds are filled with indigenous Jamaican flora and fauna, and colorful hummingbirds flit from flower to flower. Negril Cabins offers tours to the Royal Palms Reserve, located directly behind the property.

Accommodations here include 24 standard rooms with telephone, ceiling fan, private shower, and private balcony and 66 air-conditioned superior rooms, which also include satellite TV. Children under 12 stay free with an adult. The resort includes the Coconut Palm Restaurant, the alfresco restau-

rant for buffet dinners Monday through Friday nights, a bar and grill at poolside, and a beach snack bar. (See *Recommended Restaurants*.)

NEGRIL GARDENS, $$-$$$
Norman Manley Boulevard
☎ *800/752-6824 or 876/957-4408, fax 876/957-4374*

This resort has an all-inclusive plan but can also be booked as an EP (meals-only) stay, dinner only, or breakfast and dinner. With 66 rooms, this pink two-story resort is located on both sides of Norman Manley Boulevard.

Intimate Inns

THE CAVES, $$$$
West End Road, Negril
☎ *800/OUTPOST*
www.islandlife.com

At this tranquil property, guests fall asleep to the sound of waves echoing through the namesake for this inn, sea caves formed from ancient volcanic material and the pounding surf. In the day, vacationers leave one of five hand-crafted cottages and snorkel among the grottos and caves or sun on the decks atop the cliffs. A special treat is a massage in the sea cave, enjoyed to the sounds of undulating waves. Like Strawberry Hill, another Island Outpost property owned by record producer Chris Blackwell, The Caves offers Aveda services from massage to an invigorating sea salt glow using salts from the Dead Sea. Dining here brings the option of breakfast and lunch beneath a thatched palapa and dinner upon arrangement.

CHARELA INN, $$
Norman Manley Boulevard
☎ *876/957-4277, fax 876/957-4414*

This 49-room hotel is right on Seven Mile Beach. Recently refurbished, the rooms here are located within steps of the sand; each guest room also includes a private pa-

tio or balcony. The hotel is home to **LaVendome Restaurant** (see *Recommended Restaurants*).

Spiced Ginger Roast Pork, Charela Inn

- *1 pound pork*
- *4 teaspoons fresh ginger*
- *2 teaspoons soy sauce*
- *4 cloves garlic*
- *Salt to taste*
- *1 sweet pepper, diced*
- *1 hot pepper, diced and seeded*
- *1 tomato, diced*
- *pimento*
- *thyme*

Season pork with ginger, soy sauce, garlic, salt, hot pepper, and thyme. Roast for one hour in oven at 170□ F. Slice pork. Sauté onion, sweet pepper, tomato, pimento, garlic, and add juice from roast pork. Add sliced pork and cook for 10 minutes. Will have flavor of fresh ginger. ❁

COCO LA PALM SEASIDE RESORT, $$
Norman Manley Boulevard
☎ *800/896-0987, 876/957-4227, fax 876/957-3460*
E-mail: cocolap@toj.com; www.cocolapalm.com

❁ Home of the **Seaside Bar and Grill** (see *Recommended Restaurants*), Coco La Palm is a quiet property with lush grounds and a beautiful stretch of Seven Mile Beach. Our room, like most of those at the newly constructed resort, was large and included a mini-refrigerator and a small patio.

ROCKHOUSE, $$
West End Road
☎ *876/957-4373, fax 876/957-4373*

❁ One of several smalls inn along Negril's cliffs is Rockhouse. Just steps from busy West End Road, the restaurant and bar are perched high on Negril's bluffs and look directly out to sea and an unbeatable sunset. Rooms here, constructed from wood, thatch and stone like something

out of *Gilligan's Island*, carry out the natural theme of this resort, as do the accommodations' most unique features: open-air showers. This inn just added new studio rooms and a spectacular clifftop pool.

ROOT'S BAMBOO, $
Norman Manley Boulevard
☎ *876/957-4479*

☼ Take a self-contained room or pitch your own tent at this casual spot which is also home to Bamboo Restaurant (see *Recommended Restaurants*).

SEA SPLASH RESORT, $
Norman Manley Boulevard
☎ *876/957-4041*

☼ After a meal at **Tan-ya's** restaurant (see *Recommended Restaurants*) save a few minutes for a look around the surrounding Sea Splash Resort, a casual option that's popular with families. It offers 15 suites, each just steps from the beach.

Between Meals

☼ Negril's real attractions are its laid-back atmosphere and its seven-mile-long beach, but you will find a few other diversions:

Anancy Fun Park
Norman Manley Boulevard, across the road from Poinciana Beach Resort
☎ *876/957-5100*
Admission: fee, per ride
The park welcomes families with an 18-hole miniature golf course, go-kart racetrack, carousel, and power wheels for the youngest visitors. Families can also take a WaterSkeeter pontoon paddleboat in the small lake and youngsters can borrow a fishing pole right on the premises to try their luck on the well-stocked pond.

Negril Lighthouse
West End Road
☎ 876/957-4875
Hours: daily
Admission: tip
This 100-foot lighthouse can be toured. Just stop by the caretaker's cottage next door and ask to see the lighthouse.

> ☼ ***TIP:*** *Bring good walking shoes for the climb; the iron steps are extremely steep.*

Working Off Those Meals

Fishing

Several operators offer deep-sea fishing excursions:

Best Boat Reef Tour - - - - - - - - - - - ☎ 876/995-9709
Blue Whale Divers - - - - - - - - - - - - ☎ 876/957-4438
Dolphin Divers - - - - - - - - - - - - - - ☎ 876/957-4944
Sea Raider, Our Past Time - - - - - ☎ 876/957-4224
Wild Thing, Mahogany Inn - - - - ☎ 876/957-4401/2

Diving

Negril offers some of the best scuba diving in Jamaica. Call one of these operators for day and night dives:

Blue Whale Divers - - - - - - - - - - - - ☎ 876/ 957-4438
Dolphin Divers - - - - - - - - - - - - - - - ☎ 876/957-4944
Hedonism II - - - - - - - - - - - - - - - - - ☎ 876/957-5200
Negril Scuba Centre- - - - - - - - - - - ☎ 876/957-4425
Sandals Resort - - - - - - - - - - - - - - - ☎ 876/957-5216
Sundivers Negril- - - - - - - - - - - - - - ☎ 876/957-4331
West Point Watersports - - - - - - - - ☎ 876/957-5170

Golf

Negril is home to one of Jamaica's newest courses: **Negril Hills** (☎ 876/957-4638). Built on the road to Savannah-La-Mar, these rolling greens include 18 holes, a clubhouse, bar, restaurant, pro shop, and tennis.

Shopping

Negril doesn't offer the extensive shopping of the cruise port cities of MoBay or Ocho Rios, but foodies will find some good stops. **Hi-Lo Grocery Store**, located on West End Road in the Hi-Lo Shopping Centre, is one of our favorite places to shop on the island. Pop in to purchase spices, hot sauces, and Blue Mountain coffee at prices far lower than you'll see in the hotel gift shops.

While you're at the shopping mall, walk from shop to shop for a good selection of souvenirs, liquor, local music, cigars, and sportswear.

Negril is also home to the **Negril Craft Market**. Much like similar markets in MoBay and Ocho Rios, this outdoor market is aimed at the tourist trade but offers an excellent selection of handmade goods. Plan to bargain for the best price – it's part of the fun.

Ocho Rios

Ocho Rios is the garden center of Jamaica and the lushest area within it is **Dunn's River Falls**. This spectacular waterfall, the area's top attraction, is actually a series of falls that cascade from the mountains to the sea. Here visitors don't just view the falls, but climb up the rocks covered by cascading water. Led by a sure-footed Jamaican guide (who wears everyone's cameras slung around his neck), groups work their way up the falls hand-in-hand like a human daisy chain.

West of Ocho Rios in the town of Oracabessa, 007 fans can visit the **James Bond Beach**. Located near Ian Fleming's former home, Goldeneye, the beach has plenty of options for a day of activity: waverunners, helicopter tours, and horseback rides as well as beach bar and grill.

Recommended Restaurants

ALMOND TREE, $$-$$$
83 Main Street, ☎ 876/974-2813
Dress code: dressy
Reservations: required

☼ The menu at this popular eatery reflects both Jamaican and Continental tastes. Live music entertains diners three times weekly.

BAYSIDE, all-inclusive
Couples Ocho Rios
North Coast Highway, east of Ocho Rios
☎ 876/975-4271
Dress code: casual
Reservations: not required

☼ Bayside is the perfect spot for a dinner right by the water's edge. The specialties of the house are Italian here, with a wide selection of sauces from which to choose. The restaurant is open for dinner only from 6:30 to 9:30pm. If you are not a guest at Couples Ocho Rios, you can purchase an evening pass which includes drinks during your stay, the evening's meal (including tips), and the nightly show.

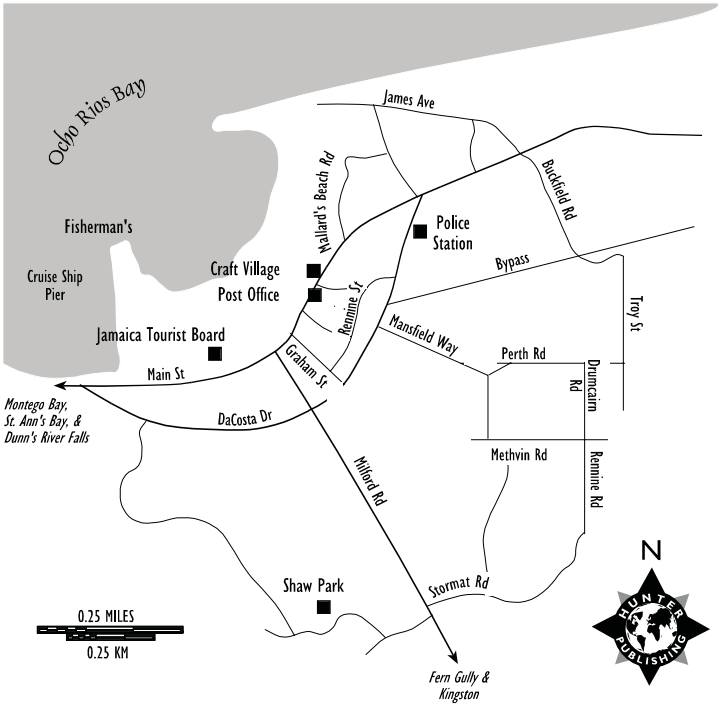
Baskets of garlic bread are delivered to your table. Local and continental pastries and their famous flaming coffee finish the meal.

Bayside Restaurant Pasta Sauces

- ☼ Ten Seconds Over Tower Isle – intense meat sauce heated with Jamaica's Scotch bonnet peppers and enchanced with mushrooms and red wine.
- ☼ Muenster Mash – sautéed artichokes, scallion, sun-dried tomatoes and muenster cheese.

- Velvety Vin Blanc – cream sauce loaded with lobster, powdered with paprika and glazed with Parmigiano-Reggiano.
- Caribbean Classic – curried conch simmered in coconut cream with cho-cho, onion, and ginger then garnished with pineapple and pimento.
- Rich 'n Chunky – garden-fresh tomato sauce infused with virgin olive oil, garlic, and tender jerk chicken slivers with black olives on top.

Ocho Rios



TOSCANINI ITALIAN RESTAURANT AT HARMONY HALL, $$-$$$
Tower Isle - Ocho Rios, ☎ 876/975 4785
Dress code : casually elegant
Reservations: suggested

☼ When you're ready to take a break from shopping at Harmony Hall (see *Shopping* for more details on that diversion), refuel with a stop at this authentic Italian restaurant open for lunch and dinner. The menu offers many classic Italian dishes, supplemented by ever-changing specials, dependent upon available fresh produce. The carefully selected wine list features vintages from around the world, while the fully stocked bar caters for all tastes.

Toscanini is popular with visitors and local residents. Its delightful setting makes it an ideal spot for lunch, light or long, and for a romantic candlelit dinner.

Spaghetti ai Gamberi
(Spaghetti with Garlic Shrimp), Toscanini

- *14 ounces spaghetti*
- *24 medium-size shrimp*
- *2 cloves of garlic*
- *2 cups of tomato sauce (made with plum tomatoes, extra virgin olive oil and garlic)*
- *2 tablespoons extra virgin olive oil*
- *Chopped parsley*
- *Salt and pepper*
- *Scotch bonnet to taste*

Sauté garlic in oil until golden, add the shrimp and sauté for three more minutes with the Scotch bonnet, salt and pepper. Add the tomato sauce and simmer two minutes more. Cook the pasta al dente in a large pot of boiling salted water, strain and sauté with sauce in pan; add the parsley and serve immediately. *Four servings.* ☼

A typical meal could consist of marinated marlin, home-made ravioli, or veal Duchessa di Parma, followed by tiramisu. Other dishes include such Italian favorites as carpaccio and

gnocchi, while strong emphasis is placed on fresh lobster and other seafood. Vegetarian dishes are also available.

Callaloo and Crab Soup, Couples Ocho Rios

- *1 pound fresh callaloo or spinach leaves, washed and shredded*
- *1 onion, finely chopped*
- *2 garlic cloves, finely chopped*
- *5 ounces okra, sliced*
- *1 Scotch bonnet pepper or hot chili pepper, seeded and chopped*
- *1 scallion or chive, finely chopped*
- *1 sprig fresh thyme*
- *2 tablespoons butter*
- *3 cups chicken stock*
- *1 cup coconut milk*
- *8 ounces crab meat*
- *Salt and pepper to taste*

Heat butter over moderate heat. Sauté onion and garlic for about three minutes until soft. Add pepper, chives, thyme, and okra and cook for five more minutes, stirring constantly.

Add callaloo and cook for three minutes, stirring to cook leaves evenly. Pour in coconut milk and stock. Bring to boil then simmer for 30 minutes. Stir in crab meat, season with salt and freshly ground pepper to taste, and cook five more minutes.

Serve immediately in warm bowls or coconut shells for special effect. May be garnished with crab claws, thyme sprig, scallion, etc. ✹

CHEF PROFILE: Pierluigi Ricci, Emanuele and Lella Giulivi. *Parma, Italy has given the world a remarkable ham, a definitive cheese, and one of the greatest conductors. It is also the birthplace of the three partners who operate this new Italian restaurant: husband-and-wife team Emanuele and Lella Giulivi and Lella's brother, Chef Pierluigi Ricci.*

They are all descended from a long line of restaurateurs. Pierluigi, known as P.G., has been a professional chef for 12 years, working in top restaurants throughout Europe. He applies his Italian flair to fresh local ingredients with spectacular results.

Lella is responsible for the front-of-house operations, ensuring that the presentation and service meet her exacting demands. Her husband, Emanuele, looks after things behind the scenes, and is an excellent chef and a qualified sommelier.

CALABASH CAFE, all-inclusive
Couples Ocho Rios, North Coast Highway, east of Ocho Rios
☎ 876/975-4271
Dress code: casual
Reservations: not required

☼ This Jamaican restaurant serves dinner nightly except Wednesday and Saturday. Each of the dishes on offer reflects the rich cuisine of the island. Temptations include: crab in tomato cup; chicken and beef samosa; red pea soup; jerk chicken or pork; escovitch red snapper; pepper steak; combination platter.

Sans Souci Stuffed Chicken, Grand Lido Sans Souci

- *2 pounds chicken*
- *1 tin ackee*
- *½ pound callaloo*
- *1 small onion, diced*
- *1 pound sweet potatoes*
- *2 cloves garlic*
- *1 teaspoon basil, chopped*
- *2 carrots*
- *1 zucchini*
- *¼ pound pumpkin*
- *1 plantain*
- *Pinch of salt*
- *¼ teaspoon pepper*
- *1 ounce ginger, finely chopped*
- *1 cup pasteurized cream*
- *Jerk seasonings*

Wash chicken, dry, then debone. Remove breasts and trim leg and thigh; cut between leg and thigh. French trim leg by cutting skin off the leg and pulling away from the bone, leaving the bone attached to the end of the skin only. Marinate leg and thigh in jerk seasoning. Trim breast and stuff with callaloo and ackee. Sear chicken parts in olive oil. Add a little stock and pot roast in pan. When chicken is cooled, remove oil from liquid. Reduce liquid until it thickens, then add cream and reduce again. Whisk in small amount of butter. Season and place aside.

When all items are cooled, place on plate using carrot, sweet potato, pumpkin, and plantain as a base. Place chicken in center of plate and encircle with pan gravy. Can be garnished with fried plantain chips.

CASANOVA, all-inclusive
Grand Lido Sans Souci
2 miles east of Ocho Rios on the North Coast Highway
☎ *876/974-2353*
Dress code: dressy (jackets required)
Reservations: required (recommended two days in advance)

This restaurant (open nightly except Friday) serves gourmet French cuisine in a casually elegant restaurant. Many dishes are designated low calorie and a vegetarian menu is available upon request.

Casanova Sample Dinner Menu

- APPETIZERS: Symphony of grilled seafood –succulent local grilled seafood infused with lemon juice, vinegar and fresh herbs; freshly made shrimp cannelloni filled with lightly curried shrimp, served with a yogurt sauce; beef carpaccio; three-cheese beggar's purse (Boursin, feta and mozzarella, wrapped in herb crêpe); vegetable tart topped with basil cheese sauce; breadfruit mille feuille (breadfruit wafers, layered with plantain and nuts).
- SOUPS: Pumpkin and orange soup flavored with a hint of curry, finished with cream; shrimp and tomato bisque; fresh tomato and shrimp soup; consommé of chicken served with cheese straws.
- SALADS: Steamed won tons; won ton filled with crab and shrimp; beef steak tomato and garden greens with a balsamic vinaigrette.
- ENTREES: Freshwater tilapia, skewered shrimp and coconut sauce; snapper filled with baby scallops, covered in a nut crust; fillet of salmon with a saffron and champagne sauce; baked sea trout with vegetable sausage; pot roasted guinea fowl; seared duck; jerk chicken roulade; tournedos of pork; rack of lamb; beef tenderloin; Angus striploin.
- DESSERTS: Harmony chocolate mousse; zesty apple pie; Caribbean coconut meringue; cheesecake tart; banana boat; selection of fine cheeses; selection of exotic fruits.

CHEF PROFILE: *Guests at Grand Lido Sans Souci nightly witness the results of the talents of Executive Chef* ***Lee Goble****. Formerly of England, the chef once worked at the Ritz Hotel in London and later was a partner and executive chef in an exclusive catering company. In this capacity, Goble catered events such as the Duke of Edinburgh Awards Dinner, the Prince Michael of Kent Charity Ball, and other exclusive diners. In 1996 Goble came to Breezes Montego Bay in Jamaica as Executive Sous Chef, later becoming Executive Chef. In October 1997 the chef moved to Grand Lido Sans Souci.*

DRAGONS, $$
Renaissance Jamaica Grande
Main Street, Ocho Rios, ☎ 876/974-2201
Dress code: casually elegant
Reservations: suggested

If you're ready for a break from Caribbean dishes, here's some authentic Cantonese and Szechwan cooking for you. Located in the South Tower lobby adjoining the Dragons Lounge, this delightful restaurant is open 6pm to 11pm for dinner.

Dragons Sample Dinner Menu

- APPETIZERS: Dragons wings; vegetable spring rolls; young spareribs; crabmeat rangoon; won ton filled with crabmeat and cream cheese
- SOUP: Chicken and corn.
- ENTREES: Sweet and sour pork; orange flavored beef; chicken and nuts Szechwan style (a specialty); special chow mein; Buddha's delight – stir-fried Chinese vegetables and wood ear mushrooms in a special white wine sauce; duck in plum sauce; chicken in black bean sauce; red snapper slightly battered, deep fried to perfection and topped with lemon sauce.

- DESSERTS: Almond cookies; grande cheesecake on strawberry coulis; banana fritters served with ice cream; ice cream and lychees; wonton chocolate mousse with hazelnut crust.

EVITA'S, $-$$
Mantalent Inn, Eden Bower Road
☎ *876/974-2333*
Dress code: casually elegant
Reservations: not necessary

This longtime Italian favorite is enjoyed by travelers and locals alike. Perched high over the city in a house more than a century old, it is especially noted for its numerous varieties of pastas and seafood dishes.

Evita's has a long and illustrious history. Operated by Eva Myers from Venice, Italy, the restaurant has attracted many stellar guests, including Michael Bolton, Phil Donahue, Marlo Thomas, Meg Ryan, Alec Baldwin, Chris Blackwell, Princess Margaret, Naomi Campbell, Kate Moss, Christy Turlington, Keith Richards and the Rolling Stones, Ali Campbell and UB40 and more. The restaurant has also been featured in *Gourmet*, *Bon Appétit*, and other publications.

Evita's Sample Dinner Menu

- ANTIPASTI: Mozzarella marinara; granchi (crab) "Parmesano"; gnocchi al gorgonzola; Italian dumplings; aragosta in coppa (tender lobster morsels served in fresh orange cup with a creamy dressing).
- MINESTRE: Minestrone Milanese; zuppa di patate e cipolle (old-fashioned potato, onion and rice soup); gazpacho con gamberi (gazpacho with shrimp), as recommended in *Gourmet* magazine).
- INSALATE: Insalata Siciliana; insalata piccantina (green salad with raisins, nuts, blue cheese); insalata di pomodoro (tomatoes, fresh basil); insalata Caesar.
- PASTA: Spaghetti USA (spaghetti with meatballs); pasta all' Amatriana (spicy smoked ham, fresh tomato sauce and red peppers); rigatoni al pomodoro (oversized noodles topped with fresh tomato and basic

sauce); spaghetti aglio, olio e pepperoncino (spaghetti tossed with olive oil, fresh garlic and red peppers); spaghetti alla puttanesca ("zingy" tomato sauce with olives, capers, a touch of anchovy and red peppers); ziti arrabbiati con funghi; lasagne "rastafari" (fresh vegetable lasagne with callaloo and ackee); pasta capriccio (linguine with shrimp, mushrooms, walnuts).

- SECONDI: Pesce ai ferri all' Adriatica (marinated red snapper fillet); pesce ripieno "principe" (red snapper fillet stuffed with crabmeat); scaloppine di pollo al limone e vino (chicken breast scaloppini sautéed in creamy butter, wine); spezzatino di manzo (hearty beef stew); bistecca ai ferri con funghi o alla pizzaiola (broiled sirloin steak with mushroom sauce or fresh tomatoes and oregano sauce). All of the above served with fresh market vegetables and herbed rice.
- DOLCI: Sorbetto di ananas and menta (fresh pineapple-mint freeze); gelato alla eva con papaya (vanilla ice-cream laced with orange sauce); flambé di ananas con gelato (fresh pineapple coupe with brown sugar flambé); 'Jamaica bobsled' (home-made chocolate blended with nuts in a cookie crust pie, topped with ice-cream and more nuts; tiramisu alla Eva (Eva's pick me up – cake soaked in rum and espresso, topped with zabaglione and cream cheese sauce.

THE INTERNATIONALE ROOM, all-inclusive
Sandals Dunn's River, North Coast Highway
☎ *876/972-1610*
Dress: dressy (long pants and collared shirts required)
Reservations: not required

This elegant indoor restaurant serves up gourmet cuisine.

The Internationale Room Sample Menu

- APPETIZERS: Floribbean – ackee and bacon strudel with a spicy tomato wine jus; Dunn's River – deep-fried ravioli with baby shrimp in pesto cream; San-San – savory crab cakes accented with onion remoulade; The Junction – jerk chicken liver pate with tropical fruit salsa; Long Horn – carpaccio of beef with spicy Dijon sauce and cracked peppercorn; Paraiso – herbed vegetables roulade on grilled tomato crouton.

- SOUPS: Verdero bean soup with Scotch bonnet cream and corn tortillas; Walkers Wood – free-range chicken consommé accompanied by a rosemary garlic custard; soup du jour.
- SALADS: Caribbean Riviera – marinated grilled vegetables on a mound of bibb lettuce with grilled chicken strips and honey-mustard jerk sauce; Garden of Eden – a refreshing array of salad greens and garden fresh vegetables lightly tossed in olive oil and raspberry vinegar with parmigiano; Atlantis – fresh Caribbean seafood combined with pasta and tumbled in a pool of key lime and dill vinaigrette on a reef of lettuce; Palermo – vine-ripened beef steak tomatoes and buffalo mozzarella perfumed with fire-roasted garlic pesto.
- ON THE LIGHTER SIDE: Biscayne – marinated lemon herbed chicken tossed with penne pasta, garden fresh vegetables and virgin olive oil; Bombay Delight – savory curried vegetables encased in East Indian-style roti with mango chutney; Orient Express – spicy stir-fried vegetables in plum sauce on a bed of chinese noodles; De la Vega – home-made pasta layered with garden vegetables, fresh herbs and ricotta, baked in a pear-tomato sauce; Casa Romano – penne rigate with mushrooms and pesto di pomodoro, crowned with fresh grated parmesan.
- HOUSE SPECIALTIES: Columbus Fantasy – seared fillet of salmon with key lime, beurre blanc and saffron vegetable risotto; Buccaneers Dream – char-grilled reef snapper dusted with Jamaican allspice and topped with papaya ginger salsa and grilled plantains; St. Petersburg – fresh shrimp sautéed in garlic butter with fennel cream; River Run – petite Champagne River lobsters broiled with sweet garlic butter and key lime; breast of chicken stuffed with wild mushrooms, goat cheese and callaloo, coated with stone ground durum wheat on a bed of roasted tomato concasse; chicken luana – free-range chicken breast marinated in garlic and lemon grass, crowned with crabmeat and pesto confit; Rockefeller – marinated pork chops stuffed with blue cheese and rosemary, laced with cognac sauce; El Cid – braised medallions of pork and scallions with mangoes in port, served with basil-infused whipped potatoes; Rocky Mountain – Dijon crusted rack of lamb on herbed potatoes; The

Stock Yard – marinated sirloin steak grilled just the way you like it; The Portlander – medley of jerk pork, chicken and fish on deep-fried pineapple.

JAMAICA INN, $$$
Two miles east of Ocho Rios
☎ *876/974-2514*
Dress code: jacket and tie required after 7pm in all but summer seasons; no children under 14.
Reservations: required

Chef Wilbert Matheson serves up varied fare in this al fresco restaurant which has been featured in *Gourmet* and *Food & Wine* magazines. The restaurant uses fresh local ingredients in its light cuisine. Specialties include poached fillet of snapper with a tomato and basil coulis and Jamaican chicken grilled with ginger sauce.

Salted Coconut Chips, Jamaica Inn

- *1 coconut, without any cracks and containing liquid*

Preheat oven to 400□ F. Pierce the softest eye of the coconut with an ice pick or skewer and drain liquid. Bake coconut in oven for 15 minutes and, on a work surface, break open with a hammer. With a small knife carefully pry flesh out of shell and cut into large pieces.

Reduce oven temperature to 300□ F.

With a sharp knife, cut coconut into very thin slices (about 1/16 inch) and spread in one layer in two large shallow baking pans. Season coconut generously with salt and bake chips in upper and lower thirds of oven, switching position of pans halfway through baking and checking occasionally to remove chips as they become crisp and golden, 20 to 30 minutes. Cool chips and mound in serving bowl. *Makes about three cups.* ☼

Jamaica Inn Sample Dinner Menu

- APPETIZERS: Parma ham and artichoke with a light mustard vinaigrette; sautéed shrimp and conch in bombay sauce.
- SOUPS: Minestrone soup; cold avocado soup.
- SALADS: Mixed green salad with coconut vinaigrette.
- ENTREES: Poached fillet of yellowtail with steamed mussels and tomato concasse; grilled beef tenderloin topped with chicken liver compote; fettucine sautéed in olive oil, capers, garlic, basil and black olives; pineapple and honey-glazed pork loin.
- DESSERTS: Selections from the dessert table; Jamaican coffee with homemade fudge.

L'ALLEGRO, $$-$$$
Renaissance Jamaica Grande, Main St., ☎ 876/974-2201
Dress code: Casual for lunch, casually elegant for dinner
Reservations: suggested

This restaurant, with both indoor and open-air seating, offers fine Northern Italian cuisine, including pizzas, made in a Tuscany wood-burning brick oven. Located in the South Tower of the resort, L'Allegro also offers an extensive wine list. A children's menu is also available.

L'Allegro Sample Dinner Menu

- ANTIPASTI E INSALATE: Insalata Caesar; mozarella marinara alla "ja grande" (deep-fried mozzarella with marinara sauce); minestrone alla Genovese; paglia e fieno al pescatore ghiotto (fettucine in Pinot Grigio sauce with seafood and scallions); saffron penne alla Giovani (saffron penne tossed with goat cheese, green olives, callaloo and tomato concasses); tortellini al pomodoro solo mio (tortellini in sundried tomato buerre blanc with pan-seared salmon); linguini primavera al olia; spaghetti alla Bolognese.
- SECONDI: Pesco fresco (catch of the day served with cilantro linguini and jerked spiced zucchini); costoletta di maiale al marsala con saffron penne (pork chops glazed in Marsala with saffron penne in pesto; pollo al vino bianco con funghi (chicken in white wine and mushrooms with fettucini, mixed vegetable

julienne); pizze, pizza; calzone farcito (ham, mushrooms, green peppers, tomatoes, cheese); calzone Hawaii (diced pineapple, ham, tomato sauce, and mozzarella cheese); calzone Jamaica (jerk spiced chicken, yam, and jerk tomato sauce with mozzarella cheese).

- (DESSERTS): Croslata de formaggio tutti frutti (cheesecake with marinated dried fruits); cannoli; cassata Siciliana (cassata with ricotta cheese); tiramisu.

LE GOURMET RESTAURANT, all-inclusive
Couples Ocho Rios, North Coast Highway, east of Ocho Rios
☎ *876/975-4271*
Dress code: dressy
Reservations: required

This French restaurant offers two seatings nightly (6:30 and 8:30) nightly, except on Wednesdays.

Le Gourmet Restaurant Sample Menu

- LES HORS D'OEUVRES: Les fines tranches de boeuf fumées (smoked beef in a passionfruit vinaigrette accompanied by Parisienne melon); marinade de thon des tropiques (marinated tuna Caribbean-style in lime and coconut, served in a coquille shell with peppers and tomato garnish); terrine de veau aux champignons sauvages (warm terrine of veal with wild mushrooms and vegetables).
- LES POTAGES (SOUPS): Le potage glacé au concombre et moix (refreshing iced walnut and cucumber soup with a crispy cream cheese crouton); consommé double de crustace (a double-strength

shellfish consommé, flavored with saffron and Pernod); potage aux epinards sauvages (pepperpot).

- LES SALADES: Les coeurs de laitue vinaigrette aux miel et framboise (heart of bibb lettuce with a honey-raspberry vinaigrette); la chiffonade de salade (a julienne of crisp seasonal vegetables and lettuces with marinated hearts of palm, topped with pineapple and mozzarella cubes and grainy mustard dressing. Duo de sorbet tropical (duo of homemade tropical sorbets).
- LES ENTREES: Filet de snapper Cajun (Cajun-style blackened fillet and jambalaya rice); medaillion de veaux aux cèpes et de Bourgogne (sautéed veal medallion with roasted garlic and wild mushrooms); tranche de grouper farci de crabe et épinard (steamed grouper stuffed with crab and spinach on a spicy butter sauce); pavé de boeuf sauce béarnaise aux citron vert (pan-fried rib eye with a lemon thyme béarnaise); poulet grillée (grilled breast of chicken with pepper-cranberry glaze).
- LES DESSERTS: Buche de chocolat blanc aux pistaches (white chocolate pistachio log); gâteau de fromage au liqueur de café (mocha cheesecake with applesauce and Tia Maria); poire Williams pochée au vin rouge (poached Williams pear in red wine and ginger with a white chocolate mousse); crêpes de chocolat flambées (flambéed chocolate crêpes with mocha or orange cream, cooled by a tropical ice cream); selection of international cheeses; selection of herbal teas; Jamaican coffee, flaming coffee, espresso.

MANOR RESTAURANT, all-inclusive
Ciboney, Main Street, ☎ 876/974-1027
Dress code: dressy
Reservations: required

☼ Jamaican dishes prepared with a gourmet flair are the order of the day at this elegant eatery.

Callaloo, Ciboney

- *2 pounds fresh kale or spinach, stems removed*
- *¼ pound salt pork, cut in ¼-inch strips*
- *½ pound boneless lean port, cut in ½-inch cubes*

- *2 white onions, cut in half and thinly sliced*
- *freshly ground black pepper to taste*
- *4 teaspoons hot red pepper sauce to taste*
- *1 tablespoon dried thyme, crumbled*
- *6 cups well-flavored chicken stock*
- *½ pound fresh white crabmeat*

Rinse kale thoroughly, pat dry with paper towels, roughly chop, set aside. Place salt pork strips in a large Dutch oven and sauté over medium heat for 10 minutes or until they are brown and the fat has been rendered.

Drain off all but two tablespoons of the fat. Add the pork cubes and onions to the Dutch oven and sauté until the pork is brown and the onions are translucent, about five minutes. Add the chopped kale, several grinds of the black pepper, the red pepper sauce, thyme, and chicken stock. When the first batch of kale has wilted considerably, about five minutes, add the remainder. Cover and simmer about 2½ hours.

Remove the salt pork strips. Add the crabmeat and stir to mix. Cover and continue simmering for another five minutes. May be served immediately but is better if made in advance and reheated before serving. Serve with white rice or boiled bananas.

MICHELLE'S, all-inclusive
Sandals Ocho Rios, North Coast Highway
☎ *876/974-5691*
Dress Code: dressy (long pants and collared shirts required)
Reservations: required

Northern Italian fare is the order of the day at this couples-only restaurant with an elegant atmosphere.

Start with deep-fried mozzarella or minestrone soup, then move onto the pastas such as fettucine al vongole (chopped clams in a cream sauce), ravioli di ricotta e spinachi (spinach and ricotta cheese), gnocchi al ragu (potato dumplings in bolognese sauce), or penne al pesto. Main courses include pan-fried swordfish dusted with cinnamon, veal on a bed of creamed spinach with a creamy mushroom sauce, filet of

snapper and shrimp baked in a paper pouch with mushrooms, herbs, and white wine, and medallions of beef in a tomato and herb sauce and creamy polenta. The dessert menu offers many temptations: tiramisu, lemon bavarois with raspberry sauce, and chocolate nougat torte.

OCHO RIOS VILLAGE JERK CENTRE, $$
DaCosta Drive, ☎ 876/974-2549
Dress code: casual
Reservations: not needed

☼ This open-air eatery looks like an all-American hamburger joint with its striped canopy and casual atmosphere, but take a whiff of that smoky jerk and you'll know this is no burger bar. Jamaican jerk is the star of the day here; try the pork, chicken, or fish.

ORCHIDS, all-inclusive
Ciboney, Main Street, ☎ 876/974-1027
Dress code: elegant
Reservations: suggested

☼ This resort is noted not only for its villa suites with private plunge pools but also for its cuisine. The signature restaurant is Orchids, featuring nutritional gourmet cuisine developed in conjunction with the Culinary Institute of America.

PLANTATION INN, $$$
Main Street, ☎ 876/974-5601
Dress code: casually elegant or dressy
Reservations: suggested

☼ This elegant restaurant has been a favorite with Jamaica vacationers for over four decades. Guests can start their day with breakfast served right on their oceanview balcony, complete with starched linens and silver service. Or they can opt to eat in the main dining room with local specialties such as ackee and codfish, liver and bananas, pan-fried fish, or eggs, pancakes, and freshly-baked breads. Dinners are equally elegant and include dishes such as veal, ham and Swiss cheese with a port wine sauce followed by chocolate mango mousse.

Orange and Ginger Chicken, Plantation Inn

☼ Executive Chef Donald Beam recommends this Plantation Inn specialty.

- *1 whole chicken, cut into eight pieces*
- *2 cloves garlic*
- *¾ cup fresh orange juice*
- *2 teaspoons honey*
- *1 teaspoon soy sauce*
- *3 teaspoons sugar*
- *1 green pepper, diced*

Preheat oven to 375□ F. Season chicken pieces with mix of seasonings, garlic and onions. Combine remaining ingredients in a bowl and mix well. Pour sauce over chicken in a shallow baking dish and bake for one hour, basting chicken as needed. Serve with rice. *Serves four.*

RISTORANTE D'AMORE, all-inclusive
Sandals Dunn's River, North Coast Highway
☎ *876/972-1610*
Dress code: dressy (long pants and collared shirts required)
Reservations: not required

☼ We enjoyed a romantic dinner at this couples-only restaurant. For the first course, select a pasta (linguine, fettucine, spaghetti, rigatoni, penne, farfalle) and a sauce such as Bolognese, funghi e pollo (mushroom and chicken), aglio e olio (roasted garlic with virgin olive oil), fra diavolo (seafood in a tomato basil sauce), alfredo, or alle vongole (baby clams, onions, olive oil and roma tomatoes). The second course brings more selections: grilled snapper filet, molluschi in umido (fish, shrimp and mussels in white wine), parmigiana di pollo (chicken breast simmered in tomatoes), saltimbocca alla romana (veal cutlets with fontina and proscuitto sautéed in butter and wine), costolette di maiale (medallions of pork sautéed in olive oil with capers, garlic, and lime juice), bistecca d'amore (striploin grilled with green peppercorn). Save room for delicious desserts such as tiramisu or chocolate and Amaretto cheesecake.

Fallen to Ruins

The history of this restaurant site is almost as interesting as the restaurant itself. In 1831, Robert Rutherfort built a sugar factory near these falls, using their energy to grind the cane. Allegedly he married a local girl named Rose Dale and they moved into a great house nearby. Later Rutherford returned to England on business and, while he was away, Rose fell in love with one of the plantation's overseers. When Rutherford came home, he learned of his wife's indiscretions and began spending time with Annie Palmer, better known as the "White Witch of Rose Hall" in Montego Bay (see page 112). One night, after finding Rose with her lover, he took her and the lover to a cave between the falls, chained the couple to the walls, and sealed the cave with a boulder. Later Rutherford married Annie Palmer. The plantation was left to ruin.

THE RUINS, $$-$$$
DaCosta Drive, ☎ 876/974-2442
Dress code: casually elegant
Reservations: suggested

☼ This restaurant is perched right beside a waterfall and tables sit at the base of the 40-foot cascade. This is a wonderfully romantic site for lunch or dinner. The menu here is diverse: oriental specialties – lotus lily lobster and Far Eastern chicken – Jamaican specials, and even vegetarian dishes.

SULTAN'S TABLE, all-inclusive
The Enchanted Garden, Eden Bower Road
☎ 876/974-1400
Dress code: dressy
Reservations: required

☼ This fine dining restaurant serves up Middle Eastern delights from Morocco, Lebanon, Israel, Algeria and Turkey. The resplendent decor of this eatery creates a rich atmosphere, with Turkish rugs, ornate brass screens, and

hand-carved ornaments. Meals begin with "mezza," a selection of appetizers.

Sultan's Table Sample Dinner Menu

- MEZZA: Hummus; tabouleh salad; marinated olives; pickled cauliflower; baba ganoush; cabbage salad;
- SOUP AND SALADS: chicken soup with rice; Balkan tomato salad; mixed vegetable salad; cucumber and chick pea salad.
- ENTREES: Stuffed peppers with beef and couscous in tomato sauce; slow-cooked chicken with chick peas; snapper filet with vine leaves and tahini-yogurt sauce; grilled vegetables with garlic, olives, and turmeric rice.
- DESSERTS: Ice-cream with assorted dried fruits; baklava; rice pudding with cinnamon and raisins; almond cake with sliced oranges.

TEMPLES, all-inclusive
The Enchanted Garden, Eden Bower Road
☎ *876/974-1400*
Dress code: dressy
Reservations: required

This elegant Asian restaurant serves up Thai, Japanese, Indonesian and regional Chinese cuisine. Couples dine on cushions surrounded by a rich Asian atmosphere that includes oriental rugs, bronze fish, and chandeliers.

Temples Sample Dinner Menu

- APPETIZERS: Thai sesame noodles with chicken; vegetable tempura with spicy coconut sauce; fried fish cake with crisp cucumber salad; Thai spring rolls with sweet and sour dip.
- SOUP AND SALAD: Thai chicken soup; "hot" fried ginger beef with cold bean salad.
- ENTREES: Massaman curry beef; chicken and bamboo shoots with lemon grass sauce; Thai seafood fried rice; spicy Bangkok stir-fried vegetables with ginger-chili sauce.

- DESSERTS: Crispy sweet banana; coconut sorbet; ice cream and fruit syrup with almond cookie; steamed coconut custard.

TEPPANYAKI, all-inclusive
Sandals Dunn's River, North Coast Highway
☎ 876/972-1610
Dress code: dressy (long pants and collared shirts required)
Reservations: required

It's the Asian cuisine prepared table side by teppanyaki chefs that draws diners to this fun restaurant. Start with nori-maki (fresh tuna roll), shojin-age (tempura vegetables with sansho plum sauce), butaniku no shoghyaki (ginger pork satay with spicy ponzu barbecue sauce), or harumaki (chicken and tofu spring rolls with garlic chili sauce). Soups include selections such as sumashijiru (chicken broth with long rice) and kani misoshiru (bonito and crab soup with miso and corn). Diners are then served the entrée, aptly named "the emperor's feast." The chef prepares a selection of dishes such as oyster-flavored tiger shrimp, glazed tuna terryaki, breast of chicken ponza, beef ninniku-yaki, and pork togarashi. End the evening with a sweet taste of lychee custard with essence of orange blossom.

WINDIES, all-inclusive
Sandals Dunn's River, North Coast Highway
☎ 876/972-1610
Dress code: casually elegant (dress shorts permitted)
Reservations: not required

West Indian food with a gourmet flair is served by white-gloved staff at this elegant restaurant for couples only.

Windies Sample Dinner Menu

- APPETIZERS: Create your own specialty from Windies' authentic West Indian appetizer and salad bar.
- SOUPS: Jamaican red beans with pickled pork; Trinidadian pepperpot accented with crab meat.
- FROM THE GRILL: Island jerk sampler (a spicy combination of Arawak-style jerk chicken, pork and fish

with a papaya pineapple sauce); pimento walk (free-range Cornish game hen marinated in Grenadian pimentos and nutmeg with logwood honey, slow-grilled to perfection); Chettel House (aged striploin steak encrusted in fresh thyme and black pepper, grilled); snapper Seville (red snapper fillet infused with seville orange marmalade slow-grilled over charcoal.

- HOUSE SPECIALTIES: Antiguan funge (an exciting combination of shrimp, crabmeat, fish, okra and stone ground meal, wrapped in banana leaf); Port au Spain (East Indian-style curried chicken breast with handmade roti and fresh mango chutney served in a coconut shell); French Town Rock (savory ackee, callaloo and bacon lasagne on a pool of tomato rundown sauce; Lamb St. Croix (tender lamb steak pan-roasted with wild island onions and black mint in sweet Port wine; Santiago de Cuba (spicy blackened king fish perched on black bean salsa with grilled plantains); Jam Down (Jamaican field spinach combined with ricotta and fresh herbs wrapped in a light pastry dough).
- DESSERTS: Select your own from the dessert bar.

Where To Stay

All-Inclusives

CIBONEY, $$$$
Main Street
☎ *800/333-3333, 876/974-1027, fax 876/974-7148*

This Radisson resort is noted not only for its villa suites with private plunge pools but also for its cuisine. The signature restaurant is **Orchids** (see above), featuring nutritional gourmet cuisine developed in conjunction with the Culinary Institute of America. For true Jamaican cuisine, guests can dine at **The Manor** (see *Recommended Restaurants*). Menu offerings here include dishes such as Jamaican pot roast of beef, fried fish and bammy, jerk pork loin spiced

with fiery Scotch bonnet pepper, and other local favorites. **Casa Niña** offers Caribbean-Italian cuisine just steps from the beach (we enjoyed a wonderful "Rasta Pizza" here, complete with callaloo topping). The **Ciboney Marketplace and Grill** is the place to come for a relaxed dining experience.

As many of Ciboney's guests are honeymooners, the resort recognizes the importance of dining en suite on occasion and offers a special "in-villa dining" seasonal menu. Ciboney offers 14 honeymoon suites with sunken baths, kitchen, and living room.

The feel of Ciboney is much different than other resorts in this area. A Radisson Resort, this getaway has the look and layout of a small village, a place with street signs and many roads. Guests stay in villas scattered over the hillside and transport from the main house to the 226 villas is available anytime. Guest rooms are also available in the great house.

Villa guests have a pool just steps away. Each villa also comes with maid service. Ciboney offers a weekly nature walk around the property, with guides pointing out lemons, limes, coconut, guava, mango and other tropical fruits tended by 50 gardeners on staff.

Cold Mango Soup Laced with Rum, Ciboney

- *5 mangoes*
- *1 cup sugar*
- *5 cups chicken stock*
- *¼ teaspoon ground cinnamon*
- *1 or 2 whole cloves*
- *¼ teaspoon ground ginger*
- *2 tablespoons rum*
- *½ cup whipping cream*
- *Freshly grated nutmeg, if desired*

Peel, seed, and chip mangoes, then place them with the rest of the ingredients (except rum, whipped cream, and nutmeg) in heavy saucepan. Cook over medium heat, skim any foam from top. Reduce until about ¼ of original liquid has evaporated, then press mixture through a

sieve. Cover and refrigerate for at least one hour. Add rum immediately before serving. Whip cream in a small bowl. Top each serving with whipped cream and nutmeg, if desired. ☼

COUPLES OCHO RIOS, $$

North Coast Highway, east of Ocho Rios
☎ 800/268-7537, 876/975-4271, fax 876/975-4439

☼ As its name suggests, this resort is for couples only. Immensely popular, this all-inclusive makes vacation fun easy. It is also admirable for its promotion of off-property attractions through free excursions for guests. Travelers can enjoy an excursion to Dunn's River Falls, a shopping trip in Ocho Rios, or a sunset cruise, all part of the all-inclusive offerings.

The resort includes four restaurants. Especially notable are **Bayfront**, an Italian option perched on the water's edge with a beautiful view; **Calabash Café** for Jamaican dishes; and **Le Gourmet**, a fine dining restaurant just off the lobby featuring French-inspired cuisine. (See *Recommended Restaurants*.)

Couples' chefs have won many culinary awards. This year the resort walked away with 21 medals and awards in the Jamaica Cultural Development Commission's Culinary Arts Competition, including two gold medals, four silver and 10 bronze. They also received five special awards, including Chef of the Show. Couples has a large white sand beach with a full menu of watersports offerings. For those seeking a total tan, a boat carries travelers out to a small island specially set aside for nude sunbathing, where you can enjoy plenty of sun as well as a dip in the pool and a swim-up bar.

Jamaican Pepper Shrimp, Couples Ocho Rios

- *2 pounds jumbo shrimp, unshelled*
- *6 cloves garlic, finely chopped*
- *3 whole Scotch bonnet peppers or hot chili peppers*
- *2 limes, juiced*

- *1 onion, finely chopped*
- *4 tomatoes, peeled and chopped*
- *1 scallion, finely chopped*
- *1 tablespoon pepper wine*
- *Fresh ground black pepper and salt to taste*
- *2 tablespoons olive oil*

Sauté garlic, onion, hot peppers, scallion for one minute in hot olive oil. Stir in lime juice, tomatoes, salt and pepper and cook for five more minutes. Add the shrimp and pepper wine and cook five to six minutes more, stirring constantly until shrimp is done. Serve warm with a finger bowl and a bowl for shells.

CHEF'S TIP: Best served with a Red Stripe beer to cool the heat. ☼

ENCHANTED GARDEN, $$
Eden Bower Road
☎ *800/554-2008, 876/974-1400, fax 876/974-5823*

☼ This romantic all-inclusive is best known for its tropical gardens and waterfalls. It's located on the hillside, and the beach is just a short shuttle ride away. The resort includes 113 rooms and five restaurants: **Temples** (see above) has exotic Asian dishes; **The Sultan's Table** (see above) offers Middle Eastern dishes beneath tents of silk saris; **Amore** serves Italian cuisine al fresco. There's also the **Pasta Bar and Grill**, as well as other options.

Non-guests can purchase day or night passes at The Enchanted Garden. Day passes ($50) are valid from 10 am to 6 pm and include lunch, all beverages, and use of all the facilities including tennis, fitness center, yoga and Tai Chi, bird-feeding areas, non-motorized watersports, and more. Evening passes ($60) extend from 6 pm to 2 am and include dinner, an evening of fun at Annabella's Disco, all beverages, and entertainment. One-hour guided tours of the falls and gardens are also available for $10 per person.

Talapia with Papaya Relish, Enchanted Garden

☼ Executive Chef Stan Zeiger developed this savory dish.

- *25 ounces talapia fillet*
- *40 ounces diced papaya, firm*
- *¼ ounce onion*
- *5 teaspoons chopped basil*
- *5 teaspoons lime juice*
- *Red pepper flakes to taste*
- *Pepper to taste*
- *5 tablespoons diced tomato*
- *5 tablespoons diced cucumber*
- *5 tablespoons diced cho-cho*
- *3 sweet potatoes*
- *2¼ cups cooked rice*
- *5 tablespoons chopped chives*
- *8 ounces olive oil*

Season fish filet with pepper. Dice and combine all fruits and vegetables (except cho-cho and sweet potato), add seasonings, lime juice and herbs and allow to sit for one hour. Cut cho-cho and blanch before adding to other vegetables. Slice sweet potatoes into thin chips, soak in ice water, dry well, then fry in olive oil. Arrange sweet potato decoratively around the rice. Place fish on top. Arrange papaya relish on the edge of each chip. Sprinkle on chive and diced tomato for garnish. *Yields four portions.* ☼

GRAND LIDO SANS SOUCI, $$$$
North Coast Highway, 2 miles east of Ocho Rios
☎ *800/GO-SUPER, 876/974-2353, fax 876/974-2544*
www.superclubs.com

☼ Grand Lido Sans Souci, one of the SuperClubs chain, is ultra luxurious – the place to go for relaxation and first-class pampering. The adults-only (16 and over) resort is built on a hillside with rooms that wind from the public areas down to the beach below. Two beaches – one for *au naturel* sunbathing – tempt vacationers looking for fun in the sun.

A stay here includes complimentary services at **Charlie's Spa**, located by a natural spring. Guests receive a massage, manicure, pedicure, reflexology, body scrub and facial. And while you're at the spa; have a look out for Charlie, the sea turtle who lives in the spring's cave.

Day and night passes may be purchased so non-guests can enjoy the property. If you'd like to come here for dinner, a night pass is $75 per person.

Dining options at Sans Souci include **Casanova** (classic gourmet French cuisine), **La Terazza** (international cuisine), **Café Lido** (Italian dishes in the open air), and **Bella Vista** (casual). Other dining options include the **Upper Terrace**, the **Beach Terrace**, and, for those times when you just want to relax, room service.

***RENAISSANCE JAMAICA GRANDE RESORT**, \$\$-\$\$\$*
Main Street
☎ *800/HOTELS1, 876/974-2201, fax 876/974-5378*

☼ Large and sprawling and home to the largest meeting space in the region, this hotel hosts numerous meetings and conventions. Many conventioneers bring along spouses and children, who find plenty of activity, including a supervised children's program.

But there are plenty of reasons to stay at Jamaica Grande – even if you are on your own. We visited here recently and enjoyed a beautiful seaside room. Downtown Ocho Rios was just a short walk away. A protected beach offered calm, quiet waters for an afternoon swim. A swim-up bar in the pool (beneath a replica of a 26-foot replica of Dunn's River Falls) meant additional relaxation.

The resort includes two towers of rooms, but our choice would be the cabana rooms, located steps from the beach. Lower-floor rooms step right out onto the sand.

Five restaurants offer plenty of dining options (see *Recommended Restaurants*, above.) The hotel is also home to the most active nightlife scene in Ocho Rios, **Jamaic'N Me Crazy**.

CHEF PROFILE: *Executive Chef* ***Stan Zeiger****, a New York native, moved to Jamaica in 1993. He graduated from the Culinary Institute of America and formerly served at the Garden City Hotel in Garden City, Long Island as well as Maxim's. Zeiger later went to become Executive Chef for Time magazine and also worked as executive Sous Chef and/or Executive Chef at various properties including Grand Bay, The Stanhope, Doral Hotels NYC, and the Huntington Hilton, all in New York.*

Rice Pudding, Renaissance Jamaica Grande

- *3 cups milk*
- *2 egg yolks well beaten*
- *Pinch of salt*
- *½ cup sugar*
- *1 teaspoon vanilla*
- *1 teaspoon nutmeg or Jamaican allspice*
- *1 teaspoon Appleton rum (light or gold)*
- *2 tablespoons bread crumbs*
- *2 tablespoons butter, melted*
- *1 cup raisins, optional*
- *½ cup chopped pineapple (fresh or canned)*

Mix milk with egg yolks, salt and sugar in saucepan. Add rice, vanilla and nutmeg (or allspice). Bring to a slow boil. Stirring gently, simmer for 10 minutes. Add raisins and rum. Stir and remove from heat. Grease large, deep baking dish and sprinkle breadcrumbs and melted butter inside. Pour pudding mix into pan and top with pineapple chunks. Bake at 375□ for 30 minutes or until lightly browned. ❁

Coconut-Mango Soufflé, Renaissance Jamaica Grande

- *5 eggs, separated*
- *¼ cup Rumona rum liqueur*
- *2 tablespoons lime or lemon juice*
- *1½ cup sugar*

- *1 teaspoon vanilla*
- *Pinch of salt*
- *½ cup milk*
- *¾ cup cream of coconut*
- *2 tablespoons plain gelatin*
- *1 can (12 ounces) mango nectar or pulp of two fresh mangoes*
- *1 cup heavy cream, whipped*
- *1 package dried coconut flakes*

Separate egg yolks from whites. Beat yolks with Rumona and lime or lemon juice until light and foamy. Whisk in sugar, vanilla and salt in top of double boiler over hot water until slightly thickened. Heat milk and coconut cream mix and stir to dissolve evenly. Pour coconut cream and milk mix into egg yolk mixture. Stir and let cool for 20 to 30 minutes. With electric mixer at low speed, combine mango juice or pulp, whipped cream, whipped egg whites, and ½ package of coconut flakes.

Add remaining ingredients except for remaining half of coconut flake package. Mix thoroughly and pour in soufflé dish lined with wax paper. Garnish the top of the soufflé with the remaining coconut flakes. Chill until firm. *Serves six.* ☼

SANDALS DUNN'S RIVER, $$$-$$$$

North Coast Highway
☎ 800/SANDALS, 876/972-1610, fax 876/972-1611
www.sandals.com

☼ This massive Sandals is custom made for those looking for plenty of fun in the form of organized activity, watersports, and even spa luxury. A new spa here features a full array of treatments (available at an à la carte price and not part of the all-inclusive package), including reflexology, body scrubs, and aromatherapy. The spa is located in a newly renovated fitness center (an open-air beauty that would inspire anyone to pump a little iron) and includes hot and cold plunge pools, private treatment rooms, and a luxurious atmosphere. A spa menu is offered. Look for excellent low-fat, low-

sodium and low-calorie dishes such as spicy tamarind pork spiked with grilled sugarcane in pepperpot broth or pan-grilled breast of chicken infused with Maroon spices and guava nectar on a nest of steamed herbed vegetables.

Dining on property includes **Ristorante d'Amore** for regional Italian dishes, **The Internationale Room** for gourmet cuisine, **Teppanyaki** for Asian cuisine, and **Windies** for West Indian dishes in an elegant atmosphere. (See *Recommended Restaurants*.)

> ☼ ***TIP:*** *With the exception of Windies, all require long pants and collared shirts; Windies permits dress shorts.*

SANDALS OCHO RIOS, $$$-$$$$
North Coast Highway
☎ *800/SANDALS, 876/974-5691; fax 876/974-5700*
www.sandals.com

☼ Just down the road from Sandals Dunn's River, Sandals Ocho Rios is one of the most romantic resorts in the chain, located on lavishly planted grounds that bloom with bird of paradise and buzz with the sound of hummingbirds. Sandals' founder Butch Stewart grew up on these grounds; the building used for the piano bar was once his grandparents' home.

Dining here includes **The St. Ann Restaurant** for gourmet cuisine, **Michelle's** for Northern Italian fare (see *Recommended Restaurants*), **The Reef Terrace Grill** for Caribbean specialties, and **Arizona** for grilled Southwestern selections.

> ☼ ***TIP:*** *Casually elegant wear is required at all restaurants and Michelle's requires long pants and collared shirts.*

Guests at Sandals Ocho Rios enjoy the "Stay at One, Dine at Six" policy and can take meals at the other Sandals properties. A reservation desk at Sandals Ocho Rios arranges reservations for meals at other properties; a free shuttle to Sandals Dunn's River makes dining at that nearby property easy.

Hotels

COMFORT SUITES, $
17 DaCosta Drive
☎ *876/974-8050, fax 876/974-8070*

Part of Choice Hotels International, this all-suite hotel is perched high on a hill overlooking Ocho Rios. The recent construction offers 71 one- and two-bedroom suites with balconies, air-conditioning, kitchenettes, satellite TV, telephones, fold-out sofas; two-bedroom suites also have Jacuzzi tubs. A coffee shop is available on property.

JAMAICA INN, $$$$
Two miles east of Ocho Rios
☎ *800/837-4670, 876/974-2514, fax 876/974-2449*

This classical Caribbean inn lives up to its name. Forty-five suites have drawn a list of visitors that's impressive, including model Kate Moss, Phil Donahue, Marlo Thomas, and actor Albert Finney. Each suite has a beach view, private verandah, and antique furnishings. The inn is also home to a noted restaurant that has been featured in *Gourmet* magazine.

PLANTATION INN, $$$
Main Street
☎ *800/752-6824, 876/974-5601, fax 876/974-5912*

If you've seen *Prelude to a Kiss* with Meg Ryan and Alec Baldwin, then you've seen the Plantation Inn. This 63-room hideaway, styled like an old plantation mansion, has plenty of activity. An all-inclusive plan is available if you wish to enjoy most of your meals at the hotel.

Stuffed and Grilled Whole Boneless Fish, Plantation Inn

- *2 boneless whole fish (preferably red snapper)*
- *Salt, pepper and paprika (mix these seasonings to taste)*

- *1 cup all-purpose flour*
- *2 ounces cooking oil for marinade*
- *1 ounce Worcestershire sauce*
- *1 ounce lime juice*
- *1 ounce white wine for stuffing*
- *16 ounces chopped callaloo*
- *4 ounces okra, sliced*
- *2 ounces margarine for sauce*
- *2 cups chicken stock*
- *1 ounce corn starch*
- *4 ounces sugar*
- *2 ounces carrot, julienne*
- *2 ounces green pepper, julienne*
- *2 ounces onion, julienne*
- *⅔ cup red wine vinegar*
- *1 teaspoon freshly chopped ginger*
- *8 ounces fresh pineapple, julienne*
- *½ cup water*
- *Salt and pepper to taste*

Prepare fish. Combine Worcestershire sauce, lime juice, white wine, and mixed seasonings to fish marinade. Marinate fish for three minutes. Steam callaloo and okra with margarine and cool. Remove fish from marinade and stuff with callaloo and okra, then lightly coat with flour and brush with oil. Place on a charbroil grill for three minutes on each side or until cooked.

Prepare sauce. Add water and cornstarch to make a paste. Combine stock, sugar, and soy sauce in saucepan and stir until the sugar is dissolved. Stir in cornstarch until the sauce thickens and is clear. Add carrots, onion, green pepper, ginger, and let simmer until they are tender.

Add vinegar and pineapple to the sauce and simmer for one minute. After fish is grilled to your desire, place it on a plate and top with sauce. Serve with roasted yam. *Serves two.* ❁

SHAW PARK BEACH HOTEL, $$
Cutlass Bay
☎ *800/377-1126, 876/974-2552, fax 876/974-5042*

Located on a long stretch of white sandy beach, this low-rise hotel offers 33 standard guest rooms with shower only, 60 superior (with both a shower and tub), and 13 suites. Every room includes a balcony or terrace overlooking the sea. Amenities include deep-sea fishing, sailing, windsurfing, scuba diving, aerobics, tennis, and a children's play area.

The dining room at Shaw Park is designed like a colonial great house and serves breakfast, lunch, and dinner (when the dress is casually elegant, jackets optional on Saturdays). The menu offers a mixture of American, continental, and Jamaican dishes.

Intimate Inns

GOLDENEYE, $$$$
Oracabessa, St. Mary
☎ *800/OUTPOST, 876/975-3354, fax 876/975-3679*
www.islandlife.com

Well, if you've won the lottery and you're wondering where to stay on your next visit to Jamaica, this might just be the place. Located eight minutes from Oracabessa (15 from Ocho Rios), Goldeneye is a one-of-a-kind getaway. James Bond buffs, here's your chance to feel like Ian Fleming himself: this was the author's home.

The house is now available for rental, accommodating up to six guests. Called the Ian Fleming Villa, this three-bedroom accommodation has a garden dining area, private beach, and full-time staff to whip up any meal you might choose. A private TV room includes a big screen TV, satellite programming, VCR, bar and more.

Another option is Goldeneye Village, a flexible configuration of cottages (eight bedrooms in total) that can be rented as individual units or as a group. Each has indoor and outdoor din-

ing facilities, kitchen, private beach access, and entertainment/TV room. These units are newly built and decorated with local artwork and fabrics.

Star gazers will be interested in this property; through the years it has hosted many celebrities. During Fleming's lifetime, the writer hosted Noel Coward, Errol Flynn, and Elizabeth Taylor. Now, as part of Chris Blackwell's empire, the property's stellar guest list has included Martha Stewart, Jim Carrey, Christy Turlington, Quincy Jones, Harry Belafonte, and Naomi Campbell. Each of these guests has planted a tree on the grounds and you'll find them marked with small plaques.

All this luxury comes at quite a price: if you have to ask, you probably couldn't afford to stay here. These rates would set even 007 back a bit.

Between Meals

Chukka Cove Equestrian Centre
North Coast Hwy., between Runaway Bay & Ocho Rios
☎ 876/972-2506, fax 876/972-0814
Hours: daily
Admission: fee
Well known for its world-class polo matches, the center also offers guided horseback trips along the beach and in the mountains. They operate a very popular three-hour beach ride for both beginners and experienced riders that departs daily at 9 am and 2pm. The route travels through Richmond and Llandovery, two of the oldest sugar estates on the island. Bring your swimsuit along for the ride in the sea! Shower facilities on the beach are available and free refreshments are served.

Coyaba River Garden and Museum
Shaw Park Estate
☎ 876/974-6235
Hours: 8:30-5 daily
Admission: fee
This is a good stop for history and botanical buffs. A small but nice museum starts with pre-Columbian history and follows the development of the island. The real splendor of the attraction, however, lies in its beautiful gardens. Stroll through the gardens past natural springs and waterfalls. Small pools are filled with colorful koi and turtles.

Drive to Kingston
The drive from Ocho Rios to Kingston is a beautiful, bucolic one.

> ☼ ***TIP:*** *Don't stray off the road for your own protection. Ganja farmers have claims to more than one field just off these Norman Rockwell roads.*

Foodies can't miss the small community of **Faith's Pen**, where rows of food stands offer real Jamaican specialties with home-cooked taste. For just a few dollars, buy a streetside lunch of jerk or callaloo served at a picnic table. Faith's Pen stalls include "Neita's One Stop," "Johnny Cool No. 1," and "Shut's Night and Day." Look for jerk chicken, curried goat, roast fish, and mannish water. Expect to fill up on traditional dishes for under $10 per person. The facilities are spartan: each stall has a small area with stools and meals are served on Styrofoam plates.

Continuing, the Cobre River winds alongside the road for miles. Don't miss the **Flat Bridge**, built in the 1780s by slaves. Legend has it that two slaves were killed while the bridge was under construction and their bodies were added to the mortar. To this day, many locals say the bridge is haunted – and several efforts to expand the bridge (each of which has been washed away) lend credence to those rumors.

The drive breaks out of its rural surroundings in the community of **Spanish Town**. History buffs will enjoy a look at this historic town (see Kingston chapter for more details.)

Dunn's River Falls
DaCosta Drive
Hours: 8-5 daily
Admission: fee plus tip for guide
In Ocho Rios, the most popular attraction (one that just about every cruise ship passenger and resort guest enjoys) is Dunn's River Falls. This spectacular waterfall is actually a series of falls that cascades from the mountains to the sea. Visitors climb up the rocks behind the cascading water led by a sure-footed Jamaican guide (who wears everyone's cameras slung around his neck). Groups work their way up the falls hand-in-hand like a human daisy chain.

Be prepared to get wet and have fun, but don't expect a quiet, private getaway. This is Jamaica for the masses, and, no matter what day of the week, the masses do come. At the end of the climb, you'll be deposited into a hectic market for another opportunity to buy crafts, carvings, and the ubiquitous T-shirt.

Fern Gully
A3, south of Ocho Rios
Hours: daily
Admission: free
Fern Gully is a stretch of highway A3 that winds south from Ocho Rios. For three miles, the road is lined with lush ferns and innumerable plants; well worth a drive even if you're not headed that way.

Firefly
Port Maria
☎ 876/997-7201
Hours: 8:30-5:30
Admission: fee
The historic home of playwright Noel Coward offers a nice tour. Named for the luminous insects seen in the warm eve-

nings, this house has certainly entertained its share of luminaries from the political and entertainment worlds, including Queen Elizabeth II, Laurence Olivier, Sophia Loren, Elizabeth Taylor, Alec Guiness, Peter O'Toole, and Richard Burton. Even today the house is kept in the same state it was when the Queen Mother came to lunch in 1965.

A tour of Firefly includes a walk through the home, a look at photos of the house's many celebrity guests, and a tour of the grounds where Coward is now buried.

Cocomania

On a visit to Firefly you'll hear about "cocomania," a recipe given to the playwright by actress Patricia Neal. The preparation of this tropical delight is wonderfully simple. Remove the top portion of a green coconut, fill the inside with a chicken, lamb or shrimp curry, and seal the whole thing up again using a flour paste. Throw the coconut in the oven and cook at medium temperature until stuffing is cooked.

Harmony Hall
☎ *876/975-4222, 876/974-2870*
Hours: daily 10am-6pm
Admission: free
This excellent art gallery is one of Jamaica's best and a good place for original works of art. Don't miss the Annabella boxes, souvenir boxes decorated with Jamaican art reproductions.

Helitours
120 Main Street
☎ *876/974-2264, fax 876/974-2183*
Admission: fee
For the best view of Ocho Rios, consider a quick helicopter tour. We did this once, traveling from Couples resort up the coast to get a bird's-eye view of Goldeneye, and it was truly an experience to remember.

The operator offers three tours. The Jamaican Showcase lasts one hour covers all the way to Kingston and Port Maria. The Memories of Jamaica tour, a half-hour ride, travels over Noel Coward's Firefly and Ian Fleming's Goldeneye. The Rios Fun Hop, a 15-minute tour, swings over Shaw Park Gardens, Fern Gully, Prospect Plantation, and Dunn's River Falls.

James Bond Beach
Oracabessa, St. Mary
Hours: 8-5, Tuesday through Sunday
Admission: fee
West of Ocho Rios in the town of Oracabessa, 007 fans can visit the James Bond Beach. Located near Ian Fleming's home, Goldeneye, this stretch of sand has plenty of options for a day of activity: waverunners, helicopter tours and horseback rides as well as beach bar and grill.

Prospect Plantation Tour
☎ *876/ 974-2058*
Hours: 8-5 daily; tours at 10:30, 2:30, 3:30 Monday through Saturday; 11, 1:30, 3 on Sundays
Admission: fee
If you're interested in learning about Jamaica's fruits, this is an excellent tour. This working farm takes visitors by tractor-drawn jitney or on horseback to view fields of bananas, cassava, sugarcane, coffee, allspice, and more.

Safari Tours
☎ *876/972-2639 or 919-7900, phone and fax*
E-mail: Safari@toj.com
www.jamaica-irie.com/safari
One of Jamaica's most respected tour companies, this operators has a variety of excursions priced from $69 to $86. Tours include a jeep safari through Jamaica with stops at the Lime Juice Factory, and a rum distillery with a picnic lunch on the beach or a jeep safari through the Blue Mountains to visit a coffee farmer and tour World's End, home of Sangster's liqueur factory. Bicycle tours to Dunn's River Falls, horseback riding, river tubing and shopping round out the offerings.

Shaw Park Botanical Gardens
☎ *876/974-2723*
Cutlass Bay
Admission: fee
These beautiful 25-acre gardens are perched high above Ocho Rios with excellent views of the bay and the coast. The gardens include a stunning waterfall as well as many tropical blooms.

Working Off Those Meals

Biking

Ocho Rios is a better choice for bicyclists than bustling Montego Bay, but you should still be careful along the North Coast Highway. Rental bikes are available at some resorts; these companies also rent bikes:

Abe Rental & Sales Ltd. - - - - - - - - ☎ 876/974-1008
Jakes Bike Rental- - - - - - - - - - - - - ☎ 876/973-4403

Deep-Sea Fishing

Go out with an operator for a half- or full day of deep-sea fishing.

King Fisher & Sun Fisher - - - - - - ☎ 876/974-2726
Mitzy - ☎ 876/974-2527
Sunfisher Ltd.- - - - - - - - - - - - - - - - ☎ 876/994-2294
Triple "B" - - - - - - - - - - - - - - - - - - ☎ 876/975-3273

Diving

Dive operators are found at most of the all-inclusive hotels, including Couples, Enchanted Gardens, both Sandals, and Sans Souci Lido. Other operators include:

Jamaqua Dive Centre - - - - - - - - - ☎ 876/973-4845
Resort Divers - - - - - - - - - - - - - - - ☎ 876/974-5338
Reef Divers - - - - - - - - - - - - - - - - - ☎ 876/973-4400

Golf

The **Sandals Golf and Country Club** (☎ 876/975-0119) offers an 18-hole course as well as an excellent clubhouse.

Polo

One of the best polo facility in the Caribbean is located outside Ocho Rios. **Chukka Cove Equestrian Centre** is home to many international matches. ☎ 876/972-2506.

Shopping

Ocho Rios is home to the **Taj Mahal Shopping Centre**, a complex of fine duty-free shops and other stores that sell souvenir items, liquor, and Blue Mountain coffee.

Coyaba River Garden and Museum includes a nice gift shop filled with sauces, jellies, and coffees as well as local pottery, books, and souvenirs.

Wassi Art Pottery Works on the east side of Ocho Rios is an excellent shopping stop. Open Monday through Saturday, 10am to 4pm, in the community of Great Pond, this shop also

offers a factory tour. Visitors learn that the pottery is made from clay from Castleton, a small town in the mountains of northeast Jamaica. The clay is formed into a variety of works: tiles, sculptures, plates, candlesticks, and more.

Ocho Rios has two craft parks, both off Main Street. **The Ocho Rios Craft Park** opposite the Ocean Village Shopping Centre (open 8-6, Monday through Saturday) has 154 vendors selling everything from sandals to wood carvings to straw goods. **The Olde Market Craft Shoppes** are located nearby and also offer plenty of handmade goods.

> ☼ ***TIP:*** *Expect to bargain for prices at both places but do it in good fun and you'll find that the vendors are not as high-pressure as they seem.*

Port Antonio

Once you've had your fill of Jamaica's bustling resorts like Montego Bay and Ocho Rios, there's a sure antidote to the tourist scene: Port Antonio. This quiet niche is located on Jamaica's east end about a two-hour drive from Ocho Rios and is favored by those looking to get away from it all. Don't look for mixology classes or limbo dances here; this end of Jamaica is for quiet, relaxed fun, usually found outdoors, followed by a fine meal that evening.

☼ Geography

The drive from Ocho Rios to Port Antonio is an attraction in itself. The distance is not long but budget at least two hours for the journey (without stops) because of the windy roads.

☼ ***TIP:*** *You might think the road is bumpy, but rest assured that it was once much worse. What you now bounce along is the new and improved road. Potholes still speckle the drive so hang on.*

Dutchies

Along the road from Ocho Rios to Port Antonio, watch for small, wooden stands covered with pots. These cast iron pots are a favorite with locals. Called dutchies (Dutch ovens), these pots are used in both the oven and on the stovetop to prepare soups and stews. The pots are first formed in clay, then cast in iron, often by Rastafarians.

This stretch of road is also notable for its innumerable produce stands. Like a drive-through grocery, every bend brings another charming stand overflowing with picturesque displays of colorful fruits and vegetables. The offerings vary by time of year, but expect to see bunches of carrots, pineapples, coconuts, yams, bananas, plantains, and the large jackfruit, an odorous fruit with a staining juice that can be sliced and served, stewed, or curried.

Banana plantations, notably the massive **St. Mary Banana Estate**, stretch for miles along this road. Trespassers are not tolerated in the plantations; take your photos from the roadside and tread no further.

Blue Dresses

One interesting thing to note are the "blue dresses" worn by the banana stalks. To protect the growing bananas from insects, blue plastic bags are slipped over each stalk, creating a blue and green landscape for as far as the eye can see.

History

Port Antonio first came to the attention of the travel world thanks to resident Errol Flynn. The rambunctious actor had a home on Navy Island, just off the coast of Port Antonio, and entertained many celebrities in his verdant hideaway.

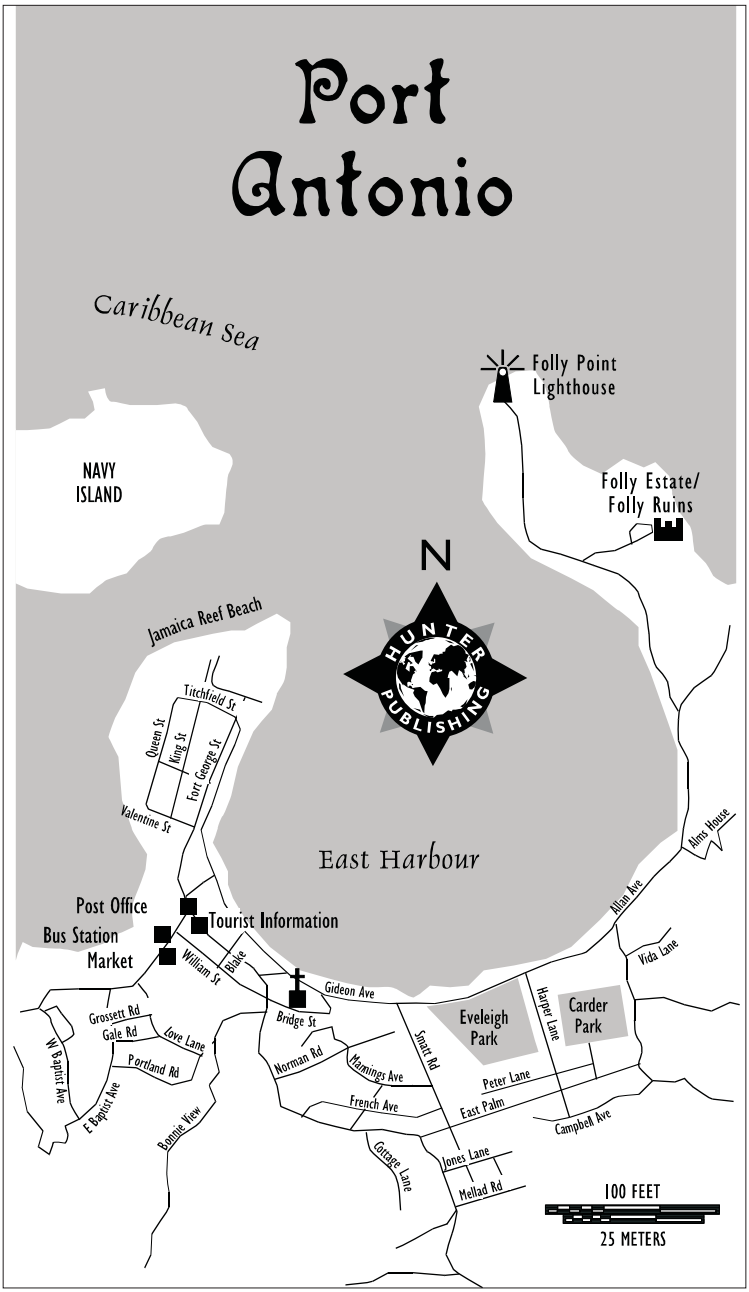
In the 1950s Errol Flynn started what has become one of Jamaica's top tourist activities. Noting the banana farmers taking their produce down to market on long bamboo rafts on the **Rio Grande**, he one day asked for a ride. Soon the notorious lover was floating women down the expansive river, naming one section that winds between two boulders Lovers Lane.

Before long, tourists were floating down the river two by two on the rafts poled by expert raftsmen. The activity has spread to several other rivers in Jamaica, but the Rio Grande remains the largest operation of its kind.

Errol Flynn wasn't the only celebrity figure to grace Port Antonio. Poet Ella Willa Wilcox called this "the most exquisite spot on earth." Robin Moore came to the area to pen *The French Connection*. And one historic house stands as a tribute to lost love. The ruins of "Folly," built by a wealthy American for a sweetheart who would not come to Port Antonio, can still be seen near the main road. Why is this home now in ruins? Sea water instead of fresh water was used in making the cement and the castle crumbled.

In more recent years, many other celebrities have frequented this site and Port Antonio has found its way into the movies.

One star-studded site is the Blue Lagoon (remember the Brooke Shields' movie?). The beautiful swimming hole that's been termed "bottomless" because of its uncanny blue hue is actually a lagoon about 180 feet deep. Take a walk through the restaurant here to view photos of the many celebrities who have visited. Nearby, **Boston Beach** is the place to go on the island for jerk, slow-cooked in pits.


Port Antonio
Caribbean Sea
Folly Point Lighthouse
NAVY ISLAND
Folly Estate/ Folly Ruins
N
HUNTER PUBLISHING
Jamaica Reef Beach
Titchfield St
Queen St
King St
Fort George St
Valentine St
East Harbour
Blmr House
Post Office
Bus Station
Market
Tourist Information
William St
Blake
Gideon Ave
Allun Ave
Vida Lane
Grossett Rd
Gale Rd
Love Lane
Portland Rd
W Baptist Ave
E Baptist Ave
Bridge St
Norman Rd
Hemmings Ave
Bonnie View
Smart Rd
Eveleigh Park
Harper Lane
Carder Park
Peter Lane
East Palm
French Ave
Campbell Ave
Cottage Lane
Jones Lane
Mellad Rd
100 FEET
25 METERS

"Port Antonio"

Port Antonio was first named Puerto Anton by the Spanish. Its name was changed when the British took over the island in 1655.

Recommended Restaurants

BLUE LAGOON, $$-$$$
Fairy Hill, ☎ 876/993-8491
Dress code: casual
Reservations: not needed

☼ This casual eatery, located right beside the lagoon itself, serves up authentic Jamaican dishes. Choose from jerk chicken or jerk sausage, vegetarian pizza, fresh lobster, and more. Live entertainment keeps the place busy on weekends. Open daily for lunch and dinner.

DEVON HOUSE'S I SCREAM, $
West Street, Port Antonio
Dress code: casual
Reservations: not needed

☼ The ever-popular Kingston ice cream parlor also has a location in tiny Port Antonio (a clue to the popularity of this seaside getaway with Kingstonians). Cool off with a scoop of one of the many tropical flavors.

MILLE FLEURS, $$$
Hotel Mocking Bird Hill
☎ 876/993-7267 or 993-7134
Dress Code : evenings, casually elegant
Reservations: requested

☼ This restaurant overlooking Port Antonio and the Caribbean Sea is a romantic favorite. Sit on the terrace surrounded by tropical vegetation and enjoy the sunset

(manager Shireen Aga recommends that dinner guests arrive by 6pm to enjoy cocktails and a sunset view).

The restaurant, which has been recommended by *Gourmet* magazine, offers an à la carte menu that changes daily. Lunch is served from noon to 2; dinner is served starting at 7pm, with the last order taken at 9:30.

Start off with an appetizer of smoked marlin on honeydew melon with mustard sauce, ackee soufflé, carpaccio of pawpaw, otaheiti apple and cho-cho or the plantain fritters with black bean dip. Soups include selections such as coconut and garlic soup and tomato and sweet potato soup. The excellent array of entrées includes chicken in June plum sauce, grilled fish with spicy mango-shrimp sauce, spiced fish with tamarind and coconut sauce, roast lamb with balsamic vinaigrette sauce, jerked rabbit, vegetables in groundnut sauce and callaloo and goat cheese quiche. Desserts often feature local and seasonal produce with selections such as orange custard with orange liqueur, rum parfait with passionfruit sauce and flambéed bananas. No canned produce is used.

Coconut and Garlic Soup, Mille Fleurs

- *1 medium onion*
- *10 cloves garlic, finely chopped*
- *Hot pepper to taste*
- *Milk of one coconut*
- *1 quart vegetable stock*
- *1 scallion, finely chopped*
- *1 sprig of thyme*
- *Salt and pepper to taste*

Sauté onions and garlic. Add stock and coconut milk, scallion, thyme and hot pepper. Bring to the boil and then simmer until soup has a rich consistency. Serve with finely grated coconut on top. ☼

TRIDENT VILLAS AND HOTEL, $$$$
☎ *876/993-2602*
Dress code: dressy, jackets required
Reservations: required

This elegant eatery is the fanciest in Port Antonio. Dine by candlelight on either continental or Jamaican fare. Open daily for dinner.

Where To Stay

Hotels

JAMAICA PALACE, $$
Drapers
☎ *800/423-4095, 876/993-7720*

Jamaica Palace is probably the most unusual property in Port Antonio, built like a 17th-century Italian palace. The black and white floor tiles that surround the exterior echo the black lacquered furniture inside. This hotel is known for its unusual swimming pool: one built in the shape of the island itself.

TRIDENT VILLAS AND HOTEL, $$$$
Point Ann
☎ *800/428-4734, 876/993-2602, fax 876/993-2590*
www.tridentvillas.com

This longtime favorite of the well-heeled crowd is one of Port Antonio's top resorts. The atmosphere here is superquiet – when we had lunch here we were the only diners, except for a few elegant peacocks that strolled through the open-air restaurant. Have a look around for familiar celebrity faces; this is the kind of resort that has long drawn the stars.

Guest rooms are elegant and private; dining here is white gloved and equally cultivated. There is a small beach area but most of the property is bordered by rugged rocks upon which

the sea crashes night and day, truly a stunning sight. It's well worth visiting here for a look around the property and a meal. Adjacent to Trident is the "Castle," a building of true castle proportions. Here, weekly guest parties and special events are held.

❁ Intimate Inns

BLUE LAGOON VILLAS, $$$$
Fairy Hill
☎ *800/822-3274, 876/993-8491, fax 876/993-8492*
www.portantonio.com/blmain.htm

❁ Some of the most photographed accommodations in eastern Jamaica, these villas are perched right on the water's edge. One- , two- , three- , and four-bedroom villas offer exquisite luxury and privacy. Each includes indoor and outdoor dining, a full kitchen, sun decks, daily housekeeping and meals served by the resident maid/chef and butler, plus many more luxuries. The villas are within swimming distance of the Blue Lagoon and Pelou Island, once owned by Princess Nina Aga Khan. Blue Lagoon Villas are recommended for those who are truly looking for the ultimate in a getaway.

DRAGON BAY, $$
Point Ann
☎ *800/633-3284, 876/993-8751, fax 876/993-3284*

❁ These 30 villas are perched on a private lagoon. Choose from one, two or three bedrooms properties, each of which come with beautiful surrounding gardens and all the comforts of home.

GOBLIN HILL VILLAS AT SAN SAN, $$-$$$
Drapers
☎ *800/472-1148, 876/925-8108, fax 876/925-6248*

☼ Goblin Hill overlooks San San Bay, Port Antonio's beautiful harbor. This hotel offers peace and quiet. Its 28 villas include the services of a housekeeper-cook who will prepare and serve your favorite dishes. The villas are not located on the water, but are just a short walk away. Two tennis courts are lit for night play

HOTEL MOCKING BIRD HILL, $$
Point Ann
☎ *876/993-7267, fax 876/993-7133*

bThis 10-room hotel is often cited for its ecofriendly policies – use of solar energy, locally produced furniture, natural landscaping. Even the restaurant, the excellent **Mille Fleurs** (see *Recommended Restaurants*), features local produce. This property is very popular with ecotourists and offers many excursions that explore the natural attractions of the Port Antonio area.

Tomato and Sweet Potato Soup, Mille Fleurs

- *3 tablespoons oil*
- *3 tablespoons butter*
- *6 onions, chopped*
- *1½ pounds sweet potatoes, diced*
- *3 pounds tomatoes, chopped*
- *3 large oranges, juiced*
- *12 cups vegetable stock*
- *3 teaspoons oregano*
- *Salt and pepper, thyme*

Sauté onions. Add sweet potatoes, tomatoes, orange juice, vegetable stock and seasoning. Simmer for 20 minutes. Allow to cool, then purée. Garnish with a slice of orange and a slice of tomato. ☼

Orange Custard & Orange Liqueur, Mille Fleurs

- *½ pound sugar*
- *1 ounce butter*
- *1 ounce flour*
- *6 eggs, yolks separated from whites*
- *1¼ cups orange juice*
- *Sangster's Wild Orange Liqueur (other orange liqueurs may be used)*

Caramelize 1 ounce of the sugar with some orange liqueur. Pour the caramel into an ovenproof glass dish so that bottom and sides are evenly coated with the caramel. Cream butter with remaining sugar. Add flour and mix well. Beat egg yolks well and add the butter mixture, then add the orange juice and a tablespoon of orange liqueur.

Beat egg whites stiff and fold them into the mixture. Pour the mixture into the caramel-coated dish, set the dish into a pan of water and bake in an oven preheated to 350□ F for one hour. Turn the dessert out on to a serving dish so that caramel glaze is on top. Pour a little liqueur over it and serve. ☼

Between Meals

Blue Lagoon
One mile east of San San Beach
☎ 876/993-8491
Hours: daily
Admission: fee
This beautiful sight is one that has to be seen to be believed. The cool, spring-fed waters cry out to swimmers. Floating docks encourage you to sun a little or you can lay out on the small beach. After a swim, stop by the lagoon-side restaurant that serves Jamaican dishes in a casual atmosphere.

Boston Beach
Hours: daily
Admission: free
Boston Beach is known as the home of "jerk" and is a great place to head for a casual lunch. After a spicy meal of jerk pork, take a dip in the sea (though be wary of waves, which are often high enough for surfers).

Firefly
Port Maria (20 miles west of Ocho Rios)
☎ 800/OUTPOST
The land on which Firefly sits was originally sold to Noel Coward by Chris Blackwell's mother. After the playwright's death, the property was given to the Jamaican government; today Chris Blackwell leases the historic site and manages tours.

Frenchman's Cove
Port Antonio
Hours: daily
Admission: free
One of the best beaches on the island, this stretch of sand is very popular with locals.

Navy Island
☎ 876/993-2667
Hours: daily
Admission: fee
Spend a day on the island once owned by actor Errol Flynn. It's just a seven-minute boat ride from the mainland to his hideaway, which is home to several small cottages, a bar, and a watersports operator. The ferry operates around the clock.

Nonsuch Caves and Athenry Garden
☎ 876/993-3740
Hours: daily 10-4:30
Admission: fee
The three-acre Athenry Gardens are home to the Nonsuch Caves, filled with stalactites and stalagmites.

Rio Grande Rafting
☎ *876/993-5778*
Hours: 8:30am-4:30pm, daily, except Christmas and Good Friday
Admission: Fee
This river ride was the first in Jamaica and remains one of the most famous. Wear your swimsuit if you'd like to take a dip in the river.

> ✺ ***TIP:*** *Be prepared for entrepreneurs to offer you everything from Red Stripe ("one for you and one for your captain?"), overpriced Pepsis, carved bamboo cups, flowers, birdfeeders made of carved coconut husks, whistles made of bamboo canes, and more. If you'd like to do a little shopping, just ask your captain to pull over at one of the stands.*

The ride is especially recommended in late afternoon (rafts stop about 3pm) when you'll enjoy the sounds of frogs and crickets, sometimes deafening, from the river banks. In the late afternoon the banks come alive with the activity of the rural residents who use this waterway for everything from clothes washing to bathing to fishing. On a recent trip we watched two young boys spear-fishing along one stretch, a woman doing the weekend washing on rocks around another bend, and a young boy catching fish by hand under the muddy banks. The complete ride takes about 2½ hours (less if the river is up).

> ✺ ***TIP:*** *Raftsmen expect a tip at the completion of the journey; $5-$10 is appropriate.*

Rio Nuevo Battle Site
Just east of Ocho Rios
This is the site of a 1655 battle between the British and Spanish for control of Jamaica. The site was once open to the public but has now been closed for about a year. It is marked by a sign along the North Coast Highway.

Rastafarians

Rastafarians, more commonly known as Rastas, are believers in the divinity of Haile Selassie, former ruler of Ethiopia. Today the Rastas are a small sector of the Jamaican population, but – because of well-known Rastas such as the late reggae singer Bob Marley – are an integral part of Jamaica. Rasta men are easily identified by their dreadlocks or locks, matted waist-length strands that either flow down their back or are held beneath a knitted cap or tam. Rastafarian women generally wear locks as well, along with African clothing and headwraps.

The Rastas, once discriminated against in the Jamaican society, typically band together in communities often located outside the town itself. Strong believers of the importance of natural surroundings, the Rastas often live in the hills.

Rastas are renowned herbalists. They use folk medicine, relying on Jamaica's bounty of herbs and plants to heal many ills. The herb the religion's followers are best known for is ganja or marijuana.

Working Off Those Meals

Biking

D&L Rentals - - - - - - - - - - - - - - - - ☎ 876/993-3282
Rainbow Rentals - - - - - - - - - - - - - ☎ 876/993-2248

Fishing

Port Antonio is one of the top choices for deep-sea anglers. Home of the Blue Marlin Tournament, the quiet community is one of the top destinations for those in search of tuna, kingfish, wahoo, or dolphin. Check with your hotel for local operators or call the ***Bonita II***, ☎ 876/993-3086.

Surfing

We told you the waves at **Boston Beach** can be high. If you're in search of surf, this is the place to go.

Shopping

Port Antonio has one notable shopping area: the **Village of St. George Shopping Centre**. It's located on West Street, but you really don't have to worry about an address for this unique mall – you'll see it. Designed using architecture from around the world to represent the many cultures that built Jamaica, this center is a good place for souvenirs, unique gifts, and some food items. The Village was designed by the woman responsible for two of Port Antonio's other famous sites: the Jamaica Palace Hotel and the Castle, now part of Trident Hotel.

Runaway Bay

Runaway Bay is the newest and smallest of Jamaica's resort communities. Located between Montego Bay and Ocho Rios along the North Coast Highway, this small town features a string of all-inclusive properties and several miles of great beaches.

Recommended Restaurants

CARDIFF HALL RESTAURANT, $$
HEART Hotel, Runaway Bay
☎ *876/973-2671*
Dress code: dressy
Reservations: suggested for weekends, special occasions

Local and international dishes fill the menu at this indoor restaurant. Seafood, steaks, salads, and vintage wines are featured. As a training institute, the restaurant offers classic European table service.

PIACERE, all-inclusive
Grand Lido Braco Village Resort
West of Runaway Bay on North Coast Highway
☎ *876/954-0000*
Dress Code: dressy
Reservations: required

This elegant French restaurant is an excellent choice for a special evening out. Start with chilled seared spiced tuna loin with mint salad, peanut-crusted grilled shrimp, glazed goat cheese ratatouille with Belgian endive, or smoked

eggplant and chicken soup. Entrées include gourmet discoveries such as sautéed chicken breast on soft polenta with fava beans, "mille feuille" of Angus beef tenderloin with wild mushroom ragout, lavender-glazed salmon with saffron whipped potatoes, smoked seafood spaghettini with Boursin and caper sauce and sevruga caviar, and mustard and herb-crusted rack of lamb.

Signature dishes at Grand Lido Braco include dried fruit-crusted yellowfin tuna with annatto-laced pigeon pea salsa, Hagley Park pork loin stuffed with local shrimp and red pepper mousse, goat's milk country pepper and plantain ice cream with breadfruit sweet potato bonbons and Mandeville strawberry coulis.

Where To Stay

All-Inclusives

BREEZES GOLF AND BEACH RESORT, $$$
North Coast Highway
☎ *800/GO-SUPER, 876/973-2436, fax 876/973-2352*
www.superclubs.com

This all-inclusive was one of our first stops on the island. At that time, it was a resort known as Jamaica-Jamaica. The property, still part of the SuperClubs chain, has seen many renovations since then, but it remains one of the most popular resorts on the island, offering a diversity of sports activities. Guests enjoy use of a golf course and school right across the road as well as tennis, horseback riding, windsurfing (with a Mistral school on property), and more. Rooms have a tropical decor and the grounds are always, as with all SuperClubs, immaculate.

CHEF PROFILE: *Diners at Grand Lido Braco enjoy the cuisine of Executive Chef* ***Herbert Kraus, Jr****. The Austrian native has cooked in Salzburg, Vienna, Zurich, and Toronto before becoming Executive Sous Chef Grand Lido Negril in 1996. In 1997 Kraus became Executive Chef at Grand Lido Braco.*

GRAND LIDO BRACO VILLAGE RESORT, $$$$
West of Runaway Bay on North Coast Highway
☎ *800/GO-SUPER, 876/954-0000, fax 876/954-0020*
www.superclubs.com

☼ New to the SuperClubs chain, this resort was built with the purpose of re-creating a Jamaican village. Here you'll find everyone from the peanut man offering fresh roasted peanuts to the jerk cook to the woodcarver. The resort is built around a town square with cafés, art stores, and a friendly feel. It's no substitute for getting out and experiencing a real Jamaican village, but for first-timers it can be an educational and fun way to learn more about this fascinating island.

Guests have a full array of all-inclusive diversions: tennis, soccer, golf, beaches, watersports, and more. Only adults are accepted as guests.

Dining options include **Victoria Market** for buffet selections, **MunaHana** for Japanese dishes served up from tabletop grills, **Piacere** for French cuisine and white-glove service (see *Recommended Restaurants*), **La Pasta** for Italian fare in a casual sidewalk setting, and **Nanny's Jerk Pit** for authentic Jamaican cuisine.

Put Ti Back, Grand Lido Braco

☼ This drink was awarded a gold medal in the Jamaica Cultural Development Commission National Culinary Competition on July 26, 1998.

- *¼ ounce vanilla essence*
- *1 ounce Sangsters Rum Cream*

- *1½ ounces Dragon Stout*
- *1 ounce condensed milk*
- *1½ ounces Kelly's Papaya Cordial*

Blend all ingredients. Pour in martini glass. Add nutmeg for garnish. ❁

❁ Intimate Inns

RUNAWAY BAY HEART HOTEL AND TRAINING INSTITUTE, $
☎ *212/319-2100, 876/973-2671, fax 876/973-2693*

❁ This hotel offers something a little bit different. The hotel is a training institute operated by the government of Jamaica to train young people in hotel skills. The hotel has just 20 rooms, each with air-conditioning, telephone, satellite TV, and private bath and a very motivated staff. The beach is a five-minute shuttle ride away; golf is available next door. The hotel is also home to the **Cardiff Hall Restaurant** for formal dining (see *Recommended Restaurants*). Prices at this resort are a bargain: during high season a couple can enjoy the Full American Plan (breakfast, lunch and dinner); kids under 12 sharing a room with parents stay free.

Festivals

❁ There are always plenty of reasons to visit Jamaica; a full list of festivals gives travelers even more excuses. For additional information on any of these events, call the Jamaica Tourist Board at ☎ 800/JAMAICA.

January

***ACCOMPONG MAROON FESTIVAL**, St. Elizabeth*
This early January festival celebrates the Maroon culture in the parish of St. Elizabeth in western Jamaica. Festivities, which date back to the 19th century, include feasts, blowing of the Abeng (an instrument), and playing of the Maroon drums.

February

***BOB MARLEY WEEK WITH REGGAE SUNSPLASH**, Kingston and Ocho Rios*
The memory of reggae great Bob Marley lives strong with a week of activities including art exhibits, seminars at the Bob Marley Museum, and finally concerts at Reggae Sunsplash in Ocho Rios' White River Reggae Park. Early February.

***SUGAR CANE BALL**, Montego Bay*
This is one of the most elegant events of the year, held in February at Round Hill Hotel in Montego Bay. For over two decades, this formal ball has raised money for local charities.

March

***NEGRIL MUSIC FESTIVAL**, Negril*
A three-night festival in mid-March that showcases the talents of local reggae and calypso singers as well as international performers.

April

***DEVON HOUSE EASTER CRAFT FAIR**, Kingston*

Shop for locally produced arts and crafts and enjoy traditional food and drink at this annual event.

***CARNIVAL**, Ocho Rios, Kingston, and Montego Bay*
The week-long event includes street parades, fetes, and a general feeling of celebration. Visitors are welcome to join in the fun.

***RED STRIPE HORSE SHOW AND GYMKHANA**, Ocho Rios*
Horse-lovers can enjoy the Red Stripe Horse Show and Gymkhana at Chukka Cove in Ocho Rios, an annual event that brings in top riders from Jamaica, Europe, and the US.

May

***CARNIVAL**, Negril*
Negril celebrates Carnival in May, bringing further festivity to this already fun-loving town.

June

***OCHO RIOS JAZZ FESTIVAL**, Ocho Rios*
Summer brings plenty of music to the island, starting with the Ocho Rios Jazz Festival in June. International performers from the US, England, France, Holland, Japan, and the Caribbean take part. Jazz events take place in Ocho Rios as well as Montego Bay. Enjoy jazz teas, jazz festivals on the river, jazz barbecues, and more.

July

***JAMAICA SPICE**, Ocho Rios*
This special event is the best time of the year for those with an interest in Jamaican food. For two days, the park adjacent

to Renaissance Jamaica Grande fills with arts, crafts, music, and literature, all tied together under the theme of food. Traditional Jamaican dishes such as jerk pork, escovitch fish, fish and bammy, ackee and saltfish, coconut drops, and more are served while locally made products such as coffee candles, edible flowers, sauces, and seasonings are offered for sale.

Cooking demonstrations on "the secret of jerking" draw crowds; other events include a professional culinary competition, a gala diner, and a cookbook signing by Jamaican culinary writers. Traditional dances, musical performances, and displays of food and art round out the weekend of fun. There's donkey riding and face painting for kids. For more information, contact the Jamaica Tourist Board.

August

***REGGAE SUMFEST**, Montego Bay*
One of the largest musical events on the island, this extravaganza draws local and international talent.

October

***JAMAICA OPEN GOLF TOURNAMENT**,*
Montego Bay
Golf events start in the fall, with October's Jamaica Open Golf Tournament and the Jamaica Pepsi Pro Am Golf Tournament at Montego Bay's Wyndham Rose Hall in October. World Championship Golf, one of the largest purses in the golf world, is held in December at Tryall Golf, Tennis and Beach Club in Montego Bay.

***CARIBBEAN HERITAGEFEST**, St. Catherine*
Held in mid-October, this event features Mento (true Jamaican-style music) bands.

***TERRA NOVA'S HERITAGE FOOD FESTIVAL**,*
Kingston
Jamaica's culinary heritage is the focus of this week of special events with local dishes complemented by local music.

November

AIR JAMAICA JAZZ AND BLUES FESTIVAL,
Montego Bay
This week-long festival, held in early November, features international and local talent.

HARMONY HALL'S ANNIVERSARY SHOW,
Ocho Rios
The elegant Harmony Hall exhibits the works of local artists during this annual show from mid-November through early December.

December

***DEVON HOUSE CHRISTMAS FAIR**, Kingston*
Shop for Jamaican art, crafts, and local foods at this annual event.

Tastes Of Jamaica

Jamaica is a veritable drive-through grocery store. Many tropical fruits and vegetables grow in profusion right by the side of the road. Almonds, cinnamon, cocoa, mangoes – you name it, you'll probably find that it grows on this lush island.

In The Market

Small town markets, usually conducted on Saturday mornings, spill over with the country's rich bounty. Most of these are "bendung" or "bend down" markets, simple, traditional markets where goods are spread out on tarps across the sidewalks. Here's a look at what you might see on your next trip to a Jamaican market.

Ackee. This is the essential ingredient in the national dish, ackee and saltfish. This small, innocent-looking red fruit grows on a large evergreen tree and was originally imported from Ghana. In its unripened state, the fruit is deadly. Only when the fruit pops open to reveal black seeds is it safe to eat.

Ackee-Mackerel Mousse with Toasted Almonds served on Fried Breadfruit

❁ This gourmet twist on the traditional ackee is a signature dish at Grand Lido Negril.

- *1 lb. salted mackerel (soaked overnight, cooked, deboned)*
- *1 can (500 gms) ackee*
- *½ bunch scallions, chopped*
- *1 onion, chopped*
- *3 cloves garlic, minced*
- *Ground black pepper*
- *1 Scotch bonnet pepper, minced*
- *2 ounces coconut oil*
- *2 tomatoes, chopped and seeded*
- *4 ounces cream cheese*
- *1 breadfruit, roasted then fried*
- *½ lb. red pepper, peeled and cored*
- *½ lb. green pepper, peeled and cored*
- *4 ounces almonds, toasted*

In a saucepan, sauté flaked mackerel with oil, onion, garlic, scallion, Scotch bonnet and tomato. Season to taste with pepper and cool. Transfer the mackerel mixture to a food processor. Mix in cream cheese until you have a creamy mixture, smooth enough to pipe through a pastry bag.

Clean ackee. Discard seed. Core halfway to style. Cook in boiling water. Strain and cool.

Roast breadfruit. Peel and cut in desired shape and fry until golden brown. Cool on greased paper.

Pipe mackerel mousse in ackee. Garnish with toasted almonds and diamond head red and green peppers. Serve on fried breadfruit. Recipe compliments of Grand Lido Negril. ❁

Alligator pear. Popular name for the avocado. It's also sometimes called "poor man's butter" because of its use by those who couldn't afford butter or refrigeration.

Almond. Almond trees, originally from India, are found all throughout the island, except in the mountains.

Arrowroot. The tuber is used as a vegetable and also ground into flour. Used by the Taino Indians, the arrowroot flour can be used much like cornstarch to thicken soups and sauces.

Bamboo. Bamboo grows amazingly fast (many people say you can literally see it grow). Surprisingly, bamboo is not a major ingredient in Jamaican cookery. Tender bamboo shoots are used in Chinese dishes throughout the island, but not in traditional homestyle cooking.

Banana. The banana is a plant, not a tree, bearing only one bunch of bananas per stalk before it is cut down to allow a new shoot to take its place. Bananas are especially profuse in the eastern reaches of Jamaica near Port Antonio, but look for banana trees in yards all over the island.

One Mix Up (Cookies)

☼ This recipe by Althia Salmon of St. Andrew a winner in the 1996 National Culinary Arts Competition.

- *8.4 ounces green banana, grated*
- *12 ounces all-purpose flour*
- *Pinch salt*
- *6 ounces sugar*
- *6.2 ounces margarine*
- *1 ounce baking powder*
- *1 egg*
- *Pinch baking soda*
- *½ cup coconut milk*
- *8 ounces raisins*
- *Dash mixed spices*
- *Dash cinnamon*
- *½ teaspoon vanilla (Salmon recommends Jamaica's Benjamin vanilla)*
- *1 teaspoon orange rind*

Cut margarine into flour. Add all other dry ingredients. Add banana, egg, milk and raisins; stir until blended. Drop by spoon or pipe on a greased baking sheet. Bake at 350□ F until done. ☼

Breadfruit. Breadfruit is an all-purpose fruit, suitable for boiling, roasting, frying and more. The giant green fruit came to Jamaica thanks to Captain Bligh (yep, of Mutiny on the Bounty fame). Breadfruit is a popular sidedish.

Calabaza. This is the West Indian pumpkin, a small, nonsweet vegetable that is used like an acorn squash in soups and stews. If you can't find calabaza at home, substitute acorn, Hubbard, or butternut squash. (For recipes, see pumpkin entry, below.)

Callaloo. This leafy vegetable resembles spinach and is used similarly. Don't miss the callaloo soup, usually spiced up with saltfish. The vegetable originally comes from India but is seen throughout the Caribbean these days. Substitutes for callaloo include spinach, Swiss chard and Chinese pak choy, also known as bok choy. (For a callaloo recipe, see Ciboney, page 164.)

Carambola. The carambola is often called starfruit, a reference to its distinctive shape. A waxy fruit that can be eaten raw, either sliced or in a fruit salad, the shape of the yellow fruit is easily seen when cut in cross section.

Cashew. Cashew nuts grow as the fruit of a tall tree, often up to 40 feet high. The nut is part of a two-part fruit: an orange section that is edible and a heart-shaped nut.

Cassava. The early Indians of the Caribbean, the Tainos, first used this root, or yucca, to make flour. Also known as tapioca, cassava is poisonous until it is processed to remove the prussic acid. Today cassava is used to make a bread called bammy (see *On the Menu*), and cassava pone, a heavy baked pudding.

Ancy's Cassava Pone

☼ This recipe by Ancelata Worrell of St. Catherine, Jamaica was a winner in the 1994 National Culinary Arts Competition.

- *23 ounces cassava, grated*
- *½ pound grated sweet potato*
- *8 ounces flour*

- *9 ounces evaporated milk*
- *7 ounces coconut cream (juice)*
- *1 cup grated coconut*
- *½ cup condensed milk*
- *½ ounce nutmeg*
- *½ ounce cinnamon*
- *⅓ ounce vanilla*
- *1 teaspoon almond*
- *2 teaspoons melted margarine*
- *½ pound sugar*
- *½ pound raisins*
- *1 tablespoon salt*

Combine all liquid ingredients in one bowl and all dry ingredients in another. Pour liquid onto dry ingredients and mix thoroughly with a wooden spoon. Pour into greased baking tin. Bake at 400□ F until done (about an hour). Serve with your choice of sauce, sweet or savory. ☼

Chicken foot. Just as it sounds, this is the foot of a chicken and is used to flavor soups and stews, especially in hard times.

Crisis Stew

☼ This recipe is the award-winning entry of Millicent English of St. Thomas, Jamaica in the 1988 National Culinary Arts Amateur Competition.

- *1 pound, 8 ounces chicken foot*
- *8 ounces broad bean (green)*
- *1 tablespoon black pepper*
- *1 tablespoon salt*
- *1 tablespoon curry powder*
- *½ cup cooking oil*
- *1 tomato, large*
- *1 onion, medium, chopped*
- *1 stalk scallion, chopped*
- *1 sprig thyme, chopped*
- *1 Scotch bonnet*
- *1 clove garlic*

- *1 dozen pimento berries*

Clean and prepare chicken foot. Season with salt, curry, onion, scallion, thyme, pepper, garlic and pimento. Marinate for 60 minutes.

Heat oil and add chicken foot. Cover and cook over medium heat for 20 minutes. Add beans and cook until tender. Add chopped tomato. Serve hot with rice or bananas. ❁

Cho-Cho. This member of the squash family is known as chayote or christophene on some islands. It can be served boiled or used in dishes. Don't have any cho-cho? Substitute a squash in the recipe instead.

Stuffed Cho-Cho with Crab and Conch, Enchanted Garden

❁ This is a sidedish.

- *2 cho-cho*
- *4 ounces crab meat*
- *3 ounces conch meat*
- *1 breadfruit (about six ounces)*
- *1 cup bread crumbs*
- *3 ounces onion*
- *2 ounces garlic*
- *2 tablespoons fresh parsley*
- *1-2 tablespoons fresh basil*
- *1 teaspoon fresh thyme*
- *½ Scotch bonnet pepper*
- *Juice of one lime*
- *Salt and pepper to taste*
- *3 ounces butter*
- *2 ounces olive oil*
- *2 ounces sweet pepper*
- *2 ounces tomatoes*
- *1 coconut*
- *6 ounces milk*
- *4 ounces chicken or fish stock*

Wash and blanch cho-cho in salt water until tender but not soft. Peel and remove seed from bottom. Clean conch, reserve. Crack coconut and grate. Use grated coconut to make coconut milk. (Add a small amount of water to grated coconut, squeeze and strain to remove milk; discard coconut "trash.") Use coconut milk to marinate conch meat overnight.

Next day, remove conch from liquid and reduce in small pot until liquid is a quarter of original volume; reserve. Prepare breadfruit for roasting – wash, clean and wrap in foil. Bake at 375□ until tender, about half an hour. Peel off skin. Slice six chips for garnish and fry to crispy-golden brown in small amount of oil in small frying pan. Allow grease to drain from them when done.

Flake crab meat, remove any shells present and reserve. Finely dice the onion, chop garlic, and dice sweet pepper, scallion, tomato, Scotch bonnet (remember to remove seeds first), parsley and basil (fine). Reserve all separately.

Finely dice remaining breadfruit and reserve some for stuffing and some to thicken the sauce. Grate or grind one slice worth of breadcrumbs. Sauté vegetables until tender, then add the flaked crab meat and diced conch. Set aside a few pieces of conch to be grilled and used for garnish (cut into triangle shape). Deglaze vegetables and seafood with white wine and reduce until almost dry. Add basil, thyme, parsley and breadcrumbs, using the breadcrumbs to "bond" them. Season with salt and pepper to taste. Stuff mixture into cho-cho. Bake at 375□ for about 15 minutes or until tender.

Heat reserved coconut milk and add diced breadfruit – enough to slightly thicken the sauce. Season with salt and pepper then blend in a blender until smooth. Thin sauce with lime juice and a little fish or chicken stock.

Plate up. Ladle sauce onto plate. Chop tomato, scallion and parsley and sprinkle on top of sauce. Assuming plates to be the face of a clock, place one breadfruit chip at 12, one at 4 and one at 8 then place one piece of grilled conch on top each chip. Place baked, stuffed cho-cho in center of each plate. Serve hot. ❁

Cocoa. Cocoa or cacao trees are found on steep slopes, distinctive for their huge pods. The cocoa tree is an evergreen often found in the shade of another, larger tree. Look for reddish pods which hold the cocoa beans, used to produce chocolate and cocoa butter.

Coconut Drops

✹ The Endeavor Pioneer Group of St. Ann entered this award-winning recipe in the 1986 National Culinary Arts Competition.

- *1 dry coconut*
- *1 pound dark sugar*
- *½ ounce grated ginger*
- *1½ quarts water*
- *Pinch of salt*

Remove coconut meat from shell. Wash and dice, then place with ginger in pot with water; boil for 30 minutes. Add sugar and stir occasionally. Simmer for 30 minutes. To test for doneness, drop a small amount onto wax paper; if firm remove from heat within two minutes.

Spoon drops onto wax paper in desired shapes and size. Remove and serve when cool. ✹

Coconut. The coconut is an integral part of Jamaican diet, with everything from its milk to its meat to its brown shell being put to use. Look for signs offering "jelly coconut" for sale as you drive the countryside. These young coconuts offer a taste of sweet goodness. Coconut milk is often used to flavor rice and peas, the number one dish of Jamaica. (For a salted coconut chip recipe, see Jamaica Inn, page 161.)

Coconut Royal

✹ This recipe by Desmond Johnson of St. Ann was a winner in the 1996 National Culinary Arts Competition, Amateur Division.

- *1 pound butter*
- *1 pound baking flour, sifted*

- *1 pound dark sugar*
- *1 ounce baking powder*
- *1 teaspoon vanilla*
- *8 eggs*
- *2 coconuts, grated*
- *1 quart milk*
- *½ pound sugar*

Cream butter, dark sugar and half the vanilla. Add eggs slowly. Fold in flour and baking powder. Bake at 350□ F for 30 minutes.

Combine grated coconut, milk, regular sugar and remaining vanilla essence in pan. Place on low heat and whip until thick and creamy. Cover cake with coconut topping and bake for an additional 15 minutes. Serve. ❁

Coconut Milk. Not to be confused with coconut water (which is the clear liquid that pours out of a cracked coconut), this milk is "harvested" by squeezing grated coconut that has been soaked in water. The sweet juice is used in baking and in drinks. Herbalists say the milk purifies the heart and washes the kidneys.

Coconut Milk

- *1 coconut*

Break coconut with a hammer and remove white meat with a knife. Grate the meat and add it to one pint of hot water to extract the coconut milk. Press through a sieve. Discard meat. Refrigerate milk until ready to use. ❁

Conch. You're probably familiar with this mollusk because of its shell: a beautiful pink curl nearly a foot long that, when blown by those in the know, can become an island bullhorn of a whistle. The shell covers a huge piece of white meat that is almost rubbery in texture, as well as a "foot," the appendage used by the conch to drag itself along the ocean floor in search of food. To tenderize the conch, the cook scores the meat with a knife and soaks it with lime juice and spices. Conch are sometimes even pounded. The meat is used in numerous

dishes: cracked conch, conch salad, conch chowder, conch fritters, you name it. Many Jamaican men swear conch is an aphrodisiac.

Caribbean Conch Chili, Coco La Palm, Negril

❁ This Coco La Palm Resort recipe won first place in the non-traditional category at the 1997 Montego Bay Chili Cook-Off.

- *½ each hot chili pepper and Habanero (Scotch bonnet)*
- *2 tablespoons olive oil*
- *4 cloves garlic, minced*
- *1 whole onion, chopped*
- *1 bell pepper, seeded, chopped*
- *1½ pounds conch, white, cleaned, ground*
- *2 whole bay leaves*
- *1 tablespoon chili powder*
- *½ teaspoon pimento, whole berries (not pimiento, the pepper)*
- *2 teaspoons cumin, ground*
- *2 teaspoons oregano, dried*
- *1 cup beer*
- *½ cup tomato puree*
- *2 whole tomatoes, peeled, seeded, diced*
- *1 tablespoon Worcestershire sauce*
- *1 teaspoon hot pepper sauce*
- *½ cup kidney beans, small or Caribbean red peas*
- *1 tablespoon lime juice*
- *¼ cup scallions, chopped*
- *Salt and pepper to taste*

Soak and cook beans with lime juice and water. Do not use seasonings. Reserve two cups cooking liquid. Chop habanero pepper. In pan, heat olive oil and sauté peppers, onions and garlic until translucent. Add conch and all spices. Cook for 1-2 minutes over high heat. Add beer, Worcestershire sauce, tomato puree, hot sauce, tomatoes and bean liquid. Simmer, partially covered, for 30 minutes. Add beans and cook for 20 minutes more or until conch is tender and most of the liquid absorbed. Season to taste and sprinkle with scallions before serving. Serve with corn bread. ❁

Crawfish. Freshwater crawfish is sold roadside in Middle Quarters, St. Elizabeth. Also called janga.

Dasheen. This root vegetable, called taro in the Pacific countries, is used much like a potato as an ingredients in soups. Sometimes it is also called a coco yam. (For another dasheen recipe, see page 48.)

Dasheen Fritters

❁ This recipe by Alma Williams of St. James, Jamaica was a winner in the National Culinary Arts Competition's Amateur Division.

- *½ pound boiled dasheen, crushed*
- *3 tablespoons milk*
- *1 egg, beaten*
- *1 ounce chopped onion*
- *1 ounce chopped sweet pepper*
- *½ ounce Scotch bonnet pepper*
- *black pepper to taste*
- *Salt*
- *1 quart oil for frying*

Crush dasheen and add the egg, milk and other ingredients. Mix well. If batter is too thick, add a little water. Fry in hot oil until lightly browned. Drain on absorbent paper before serving. ❁

Escallion, or scallion. This member of the onion family frequently appears in Jamaican recipes.

Garden egg. This is the Jamaican name for an eggplant. (For a garden egg recipe, see Swept Away's Feathers Restaurant, page 121.)

Grouper. This large fish makes an appearance on just about every restaurant menu. The mild fish is served any number of ways, including broiled and fried.

Guava. These small, green fruits are used in many Jamaican desserts, such as ice cream, fruit sauces, jellies and more.

Usually the fruit has been blended to eliminate the many pesky seeds.

Guineps. This small green fruit looks somewhat like a small lime. To eat one, pop the flesh out from the skin and suck on it (don't eat the seed).

Gungo Peas. These brown peas, also known as Congo peas or pigeon peas, are used in soups or rice dishes. They are found growing on the island near the holiday season.

Irish potato. The Irish potato is the white potato, not to be confused with either a yam or sweet potato.

Janga. Janga are crayfish, sold as hot peppered "shrimp" in Middle Quarters, St. Elizabeth, by women on the side of the road. They're salty, spicy and as impossible to stop eating!

Jelly coconut. Drive through the countryside and you'll find innumerable "cold jelly" signs directing you to small carts. These promise the jelly coconut, the young coconut that yields a clear, sweet jelly. The vendor will whack the coconut with his cutlass (machete), carving a chunk for you to use as an impromptu spoon to scoop out the cold jelly.

Bean O'Jelly

☼ This recipe won the 1996 All Age category in the National Culinary Arts Competition amateur division.

- *2 jelly coconuts*
- *½ pound kidney beans*
- *2 medium carrots, julienne*
- *2 medium sweet peppers, julienne*
- *2 medium tomatoes, diced*
- *1 medium onion, diced*
- *½ cup cooking oil*
- *Salt to taste*
- *Seasoning to taste*

Scoop coconut jelly from husk. Season and set aside.

Boil beans until tender but firm. Sauté onion, add jelly and beans, allow to simmer. Add carrot, sweet pepper and tomato and allow to simmer for five minutes. Serve. ☼

Lime. Lime trees grow in profusion in Jamaica and their juice makes its way into many local recipes.

Caribbean Lime Souffle Pie, Renaissance Jamaica Grande

- *2 cups freshly squeezed lime or lemon juice*
- *1 cup water*
- *1½ cup sugar*
- *¾ cup plain gelatin*
- *4 eggs*
- *1 cup heavy cream*
- *Pinch of salt*
- *1 baked pie crust or shell (9-inch)*
- *Thin lime slices for decoration*

Combine lime or lemon juice, water and sugar in a saucepan. Bring to a rapid boil. Remove from heat. Cool. Stir in gelatin and salt. Separate egg yolks from whites, add yolks to mixture. Stir thoroughly and refrigerate. Whip egg whites and one cup cream until stiff. Combine with other mixture and pour into pie shell. Refrigerate for two hours. Decorate with lime slices. ☼

Lobster. Nope, we're not talking Maine lobsters. It's the Caribbean rock lobster that appears on many Jamaican menus. The difference? The southern cousin has no claws.

Coconut Lobster, Renaissance Jamaica Grande

- *½ cup milk*
- *1 cup cream of coconut, canned*
- *1 small onion, finely chopped*
- *2 stalks scallions, finely chopped*
- *2 sprigs thyme or 1 tablespoon powdered thyme*
- *2 tablespoons curry powder*
- *Meat of four medium lobsters, cooked and cut in chunks*
- *1 teaspoon salt*
- *1 teaspoon white or black pepper*

- *Dash cayenne pepper, optional*
- *½ cup grated Parmesan cheese*
- *Lime or lemon wedges*

Mix milk and coconut cream together and heat in a large saucepan over moderate heat. Add onion, scallions, thyme and curry powder. Stir and cook five minutes. Add lobster chunks, salt and pepper (including cayenne). Cook slowly seven to eight minutes until flavors are well blended. Remove to baking dish and sprinkle with grated cheese. Bake at 400□ for 15 minutes or until lobster is browned. Serve with lime or lemon wedges. ☼

Mammee apple or mammee fruit. This unusual fruit can be tough to find in the markets. Eaten raw or used as a filling, the mammee apple has the taste of a mango and a peach combined.

Mango. The mango is always present on Jamaica buffets. It is used in many desserts or, in its green stage, in chutneys and stews. Can't find mangoes in your local store? Substitute a peach. (For a mango soup recipe, see page 172.)

Okra. This vegetable of African origins is used in many stews and soups.

Chicken Gumbo Montego, Renaissance Jamaica Grande

- *2 pounds chicken breasts, cut in chunks*
- *3 tablespoons flour*
- *1 large onion, diced*
- *⅔ cup cooking oil*
- *½ pound fresh okra or one can cooked okra*
- *4 cups tomato sauce (canned or homemade)*
- *3 sprigs parsley, chopped*
- *2 cups water*
- *1 teaspoon salt*
- *1 teaspoon pepper*
- *1 cup celery, chopped*
- *1 cup raw potatoes, diced*
- *1 cup cooked rice*
- *1 cup cooked corn*

Dredge chicken lightly with flour and sauté with onions in heated cooking oil. When chicken is browned, add tomato sauce, parsley, water, salt and pepper. Add okra (if fresh is used), celery and potatoes and simmer for 45 minutes or until all ingredients are tender. Finally add rice and corn (and canned okra, if used). Stir and simmer for final 10 minutes. *Serves six.* ☼

Ortanique. This hybrid of the orange and the tangerine was developed in Mandeville in the 1900s.

Otaheiti Apple. This apple looks like a small, red pear. It was introduced to Jamaica from Tahiti by the crew of the *Bounty,* and today you'll see it on many breakfast buffet spreads.

A Delicious Life

☼ This recipe by Garfield A. Collins of Manchester, Jamaica was a winner in the National Culinary Arts Competition's Amateur Division.

- *2 packs Jello, coconut flavored*
- *9 ounces evaporated milk (Gloria is the Jamaican brand)*
- *2 cups water*
- *3 tablespoons Néstle condensed milk*
- *1 tablespoon nutmeg*
- *1 tablespoon mango, large*
- *1 tablespoon otaheiti apple, small*

Dissolve Jello with water and add evaporated milk. Pour into individual dessert glass.

Dice half of mango and add to each glass. Set for three to four hours in refrigerator.

Blend remaining half of mango with Néstle milk and 15 ml of water. Chill. Dice apple and chill.

Pour mango mixture over Jello and add pieces of otaheiti apple. Garnish with mint leaves. ☼

Oxtail. The oxtail, the tail of a cow, is used to flavor many soups and stews.

Passionfruit. This lovely fruit is used for drinks and ice cream.

Pawpaw (papaya). Jamaicans call the papaya a pawpaw and the product of the exotic-looking papaya tree (tall as a coconut with wide leaves similar to a fig) is found in desserts, juices and other menu items.

Peanut. The peanut holds an esteemed place in Jamaican cuisine and is served blended into a drink, as a sauce, or just as a roasted snack. Peanut vendors are often seen in the markets.

Pickapeppa Sauce. This sauce, sometimes locally called parrot sauce because of the parrot on its label, complements meat, fish and egg dishes . It is manufactured at Shooters Hill near Mandeville and is a secret combination of tamarind, onions, tomatoes, sugar, cane vinegar, mangoes, raisins and spices. Since 1921 the company has produced this savory sauce. It has won many awards and is distributed throughout North America. The sauce is aged in oak barrels for a minimum of one year.

Pineapple. Pineapples have been growing in Jamaica since the days of the Taino Indians. Today vendors sell them on the beach, opening them with a few quick slashes of the cutlass.

Sweet and Sour Turkey Neck

☼ The Albert Town High School in Trelawny entered this award-winning recipe in the National Culinary Arts Competition.

- *2.2 pounds turkey neck*
- *1 ounce black pepper*
- *2 tablespoons vegetable oil*
- *1 pound pineapple*
- *1 onion, diced*
- *1 tablespoon soy sauce*
- *4 ounces vinegar*

- *½ pound sugar*
- *1 tablespoon ginger, grated*
- *1 tablespoon salt*
- *1 tablespoon cornstarch*
- *4 ounces pineapple juice*
- *9 ounces chicken stock*

Clean turkey necks by washing and removing skin. Cut into small pieces. Season with black pepper, onion, salt, soy sauce and ginger. In skillet, cook turkey neck in hot oil for about 20 minutes. Add other ingredients except cornstarch and pineapple juice. Cook gently over low flame, stirring occasionally. Set aside.

In pot, mix cornstarch and pineapple juice. Add turkey neck and simmer until heated through. Serve hot. ❁

Plantains. Don't get plantains mixed up with bananas. They may look similar, but the plantain is not an overgrown banana and tastes nothing like its sweet cousin. Plantains are used in recipes like a potato and are often sliced and fried.

Five Spiced Plantains, Sandals Resorts

- *1 large ripe plantain*
- *1 teaspoon five spice*
- *4 ounces corn oil*

Peel plantain and cut crosswise into thick slices. Sprinkle with five spice. Fry in oil until light brown, both sides. ❁

Pumpkin. Unlike our sweet pumpkin, this West Indian pumpkin is a small, nonsweet vegetable that is used like an acorn squash. If you can't find a West Indian pumpkin (or calabeza) at home, substitute acorn, Hubbard, or butternut squash.

Pumpkin Power

❁ This recipe by the Social Development Commission of Portland was a winner in the National Culinary Arts Competition's amateur division.

- *1 medium pumpkin*
- *1 pound red peas*
- *½ ounce all-purpose seasoning*

- *1 ounce brown sugar*
- *¼ pound flour*
- *2 quarts water*
- *1 stalk scallion*
- *1 sprig thyme*
- *1 onion, chopped*
- *1 Scotch bonnet pepper*
- *Salt*
- *1 dry coconut, grated and juiced*

Cook peas until tender. Add coconut juice and reduce to half over moderate heat. Set aside.

Cut off top of the pumpkin in desired shape. Scoop out seeds. Immerse pumpkin in hot water. Cook for 20 minutes. Remove ¾ of fleshy portion and dice. Combine with stew and pour into pumpkin shell and serve. ☼

Red peas. Known in the US as the kidney bean.

Saltfish or salted cod. This packaged fish is used for the traditional Jamaican breakfast, ackee and saltfish (see *On the Menu*).

Scotch bonnet. Ah, beware the Scotch bonnet. This innocent-looking little pepper, a small orange bulb, contains the fire of Jamaica. Found in sauces, jerk sauce and sometimes alone, a little Scotch bonnet goes a long way.

Snapper. Red- and yellowtail snapper are favorite offerings by local fishermen.

Creole Snapper, Renaissance Jamaica Grande

- *1½ pounds snapper or flounder filet*
- *1 teaspoon salt*
- *1 teaspoon pepper (white or black)*
- *1½ cup butter*
- *1 large onion, chopped*
- *2 medium tomatoes, chopped*
- *1 medium green or red pepper, chopped*
- *½ cup tomato sauce, canned or homemade*

Season filets with salt and pepper. If broiling, dot with butter. If frying, sauté in ¾ cup butter until done. Set aside. Heat the remaining ½ cup butter in a large saucepan or frying pan. Sauté onions, tomatoes and peppers until soft but not brown. Add tomato sauce. Simmer an additional 10 minutes. Pour sauce over fish. Return to preheated 350□ oven for 15 minutes. *Serves four.* ☼

Sorrel. If you visit a Jamaican home or office during the Christmas season, expect to be served this wonderful drink that can be served with or without alcohol. It is made from sorrel petals, the *Hibiscus sabdariffa,* an annually blooming plant that matures in December. The red stems and sepals are used to make the sorrel drink or jelly (see *Resources*).

Sorrel Drink

- *4 cups dried sorrel petals*
- *¼ cup grated ginger*
- *1 dozen pimiento seeds*
- *6 cups boiling water*
- *Rum to taste*
- *Sugar to taste*

Remove boiled water from heat and add sorrel, ginger and pimento seeds. Cover and let sit overnight. Strain mixture the next day. Add rum and sugar to taste. Refrigerate. Wine can also be used to sweetened the mixture. ☼

Soursop. This green fruit is used to make drinks, ice cream and other desserts.

Star apple. The main ingredient in a popular holiday dish called matrimony, when it's mixed with oranges. Similar to an orange and about the same size, the star apple has clear segments. Slice through it to see the eight-pointed star.

Sweet potato. The sweet potato is a favorite Jamaican offering. Not to be confused with the yam, which, in Jamaica, is not a sweet vegetable but a starchy potato.

Sweet Potato Muffins, Renaissance Jamaica Grande

- *1 cup sugar*
- *1 cup butter*
- *6 eggs*
- *1 teaspoon vanilla*
- *2 cups milk*
- *1½ cups flour*
- *2 tablespoons baking powder*
- *1 pound cooked sweet potatoes, mashed*

Cream butter and sugar. Add eggs, vanilla, milk, flour, baking powder and sweet potatoes. Mix thoroughly. Drop batter in greased muffin tins. Bake at 350□ for 30 minutes or until muffins are springy and golden brown. *Yields 15 to 20 muffins.* ☼

Tamarind. Jamaicans make a delightful tamarind juice, prepared from the brown pods of the tamarind tree. It is also an important ingredient in many folk medicine remedies.

Tania. This tuber, part of the same family as dasheen, is used like a potato in soups and stews.

Ugli fruit. The ugli fruit is easy to spot because it is so, well, ugly. This bumpy citrus fruit looks like an old grapefruit. Larger produce markets in the US sell the ugli fruit, a native of Jamaica.

Yam. The yam of Jamaica is not to be confused with the sweet potato/yam of the US. The Jamaican yam family includes yellow yams, white yams and yampee, a smaller variety. Each of these is prepared several different ways and are most often served boiled and roasted.

Spices Of Jamaica

The spices grown on this island lend distinctive flavors that make Jamaican meals a special event. Pimento (allspice) is the best known and one of the most used, creating the unique taste of jerked fish, pork and chicken.

Allspice. The common term for what in Jamaica is known as pimento (see entry below). Not to be confused with pimiento peppers.

Annatto. This spice, a derivative of a shrub, is used like saffron in soups, stews and other dishes. It gives food a red color.

Bayleaf. These dried leaves flavor many soups and stews; they are also used to make Jamaica's most common men's cologne: bay rum.

Cinnamon. Cinnamon comes from bark on a tree imported to Jamaica in the late 1700s.

Curry. This combination of many spices (turmeric, cardamom, cumin, cinnamon, mace and others) flavors many dishes in Jamaica. It is a reminder of the Indian heritage of this island.

Jamaican Curried Pork

- *1 tablespoon butter*
- *1 teaspoon curry powder*
- *2 medium bananas*
- *1 pound pork tenderloin, cubed*
- *¼ cup pineapple juice*
- *¼ cup minced onion*
- *½ cup flaked coconut*

Melt butter in a large skillet, stir in curry powder and cook until foamy. Cut bananas into 1/2-inch rounds and sauté in curry butter until golden brown. Remove from skillet with slotted spoon, set aside. Add pork cubes to skillet and sauté until golden brown. Salt to taste. Stir in

pineapple juice and minced onion. Cover and simmer 10 minutes, until pork is tender. Stir in coconut and bananas and toss lightly. Serve with hot cooked rice, if desired. *Serves four.* ✺

Ginger. The taste of ginger is the taste of Jamaica: sweet with a burn. Ginger is a showy plant, with bright green leaves and long, conical flowers displayed like a colorful plume. The spice ginger itself is the root of the plant, used to flavor dishes, make ginger beer and create ginger wine.

Avocado and Ginger Vichyssoise, Renaissance Jamaica Grande

✺ This tasty recipe combines two important Jamaica ingredients into an elegant soup.

- *½ cup butter*
- *1 medium onion, finely chopped*
- *1 ounce fresh ginger, grated, or 1 tablespoon powdered ginger*
- *1 large avocado, mashed*
- *2 cups chicken stock*
- *1 teaspoon salt*
- *1 teaspoon black pepper*
- *½ cup light cream*
- *1 stalk scallion, finely chopped*

Melt butter and sauté onions and grated ginger or powdered ginger for two minutes. Add mashed avocado and chicken stock. Mix all ingredients thoroughly using wire whisk to eliminate lumps. Simmer slowly for 10-15 minutes. Add salt, pepper and cream. Stir and chill for at least an hour. Garnish each soup cup/bowl with scallions. *Serves six.* ✺

Nutmeg. Order a rum punch in most island bars and you'll experience what has become the most popular use of nutmeg: sprinkled on top of the potent drink. The tree grows naturally throughout the island and produces a seed, called the nutmeg. The red, stringy covering around the seed is called mace.

Pepper. Both black pepper and white pepper play an important role in Jamaican dishes.

Trelawny Pepper Steak, Renaissance Jamaica Grande

- *2 teaspoons freshly ground black pepper*
- *3 pounds boneless beef steak*
- *¼ cup rum*
- *¾ cup red wine*
- *2 tablespoons beef consommé (canned or bouillon)*
- *2 tablespoons melted butter*

Press ground pepper firmly into steak so that it is heavily coated on both sides. Let stand at room temperature for 30 minutes. Combine wine, rum and consommé and set aside. Melt butter in a large skillet. When very hot, cook steak over high heat for five minutes on each side. Reduce heat and let steak cook until done to your taste. Place on warm platter. Stir wine and consommé into drippings left in skillet. Heat and pour over steak. *Serves six*. ❁

Pimento. Pimento, called allspice in other parts of the world, is a star among Jamaican spices. Without the pimento, Jamaica would not have jerk, that delightful side-of-the-road dish that has become a gourmet delight in fine restaurants.

Jamaica is the world's largest producer of pimento, a tree that grows naturally in the Caribbean. Even the first Spanish explorers in the early 1500s commented on this tree, which produces aromatic berries and leaves. Those first explorers gave the tree its name which comes from the Spanish word *pimienta*, pepper or peppercorn. The wood of the evergreen tree is used in the cooking of jerk and the berries are crushed to create a marinade for the spicy dish.

The berries of the pimento are often usually called allspice outside the Caribbean, a name given to the spice because its taste combine the flavors of many spices.

Saffron. The world's most expensive spice, this Asian native is used in curries. Often turmeric is substituted.

Turmeric. Not a native plant of Jamaica, turmeric is part of the ginger family. It is often a substitute for saffron. Turmeric gives curries its distinctive bite and also its yellow color. Because it is sensitive to light, turmeric should be stored in a dark place.

Vanilla. The bean comes from the vanilla plant, an orchid.

Substitution Chart

Can't find some of the Caribbean ingredients in your local supermarket? Try substituting these items in Jamaican recipes:

pumpkin/calabaza acorn ~ ~ Hubbard/butternut squash
callaloo ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ spinach
cho-cho ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ squash
christophene or chayote ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ squash
dasheen ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ potato
mango ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ peach
Scotch bonnet ~ ~ ~ ~ ~ ~ hot pepper of your choice
scallion ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ green onion tips
saffron ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ turmeric
Caribbean yam ~ ~ ⅔ sweet potato & ⅓ baking potato

Measurement Equivalents

Metric:

¼ teaspoon ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 1 milliliter rounded
½ teaspoon ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 2 milliliter rounded
1 teaspoon ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 5 milliliters
1 tablespoon ~ ~ ~ ~ ~ ~ ~ ~ 15 milliliters rounded
¼ cup ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 65 milliliters
½ cup ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 125 milliliters
⅔ cup ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 165 milliliters
1 cup ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 250 milliliters
300□ F ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 150□ C
350□ F ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 180□ C
375□ F ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 190□ C
400□ F ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 200□ C
425□ F ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 215□ C
450□ F ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 230□ C
475□ F ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 240□ C
1 pound ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 0.454 kilograms
1 ounce ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 28.3 grams

Margarine/butter:

¼ cup ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ½ stick (⅛ pound)
½ cup ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 1 stick (¼ pound)
1 cup ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 2 sticks (½ pound)
2 cups ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 4 sticks (1 pound)

Drinks:

1 dash ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 6 drops
1 teaspoon ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 60 drops
3 teaspoons ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 1 tablespoon
1 fifth ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 25.6 fluid ounces
1 quart ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 32 fluid ounces

Miscellaneous:

3 teaspoons ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 1 tablespoon
2 tablespoons ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ⅛ cup
4 tablespoons ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ¼ cup
5 tablespoons ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ⅓ cup
8 tablespoons ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ½ cup
12 tablespoons ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ¾ cup
16 tablespoons ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 1 cup
1 cup ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ½ pint
4 cups ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 1 quart
2 pints ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 1 quart
4 quarts ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ 1 gallon

Conversion Formulas	
ounces to grams	multiply ounce figure by 28.3
grams to ounces	multiply gram figure by .0353
pounds to kilograms	multiply pound figure by 0.454
ounces to milliliters	multiply ounce figure by 30
cups to liters	multiply cup figure by 0.24
Fahrenheit to Celsius	subtract 32 from the Fahrenheit figure, multiply by 5, then divide by 9
Celsius to Fahrenheit	multiply Celsius figure by 9, divide by 5, then add 32
inches to centimeter	multiply inch figure by 2.54
centimeters to inches	multiply centimeter figure by 0.39

Drinks Of Jamaica

Coffee

Coffee. Jamaica is known throughout the globe for its fine coffee, the Blue Mountain Peak variety. The coffee is graded by altitude, divided into lowland and high mountain, a distinction you'll find on the labels. Most Blue Mountain coffee is exported and commands a high price, especially in Japan where it often sells for over US $60 per pound.

Non-Alcoholic Drinks

Ginger Beer

- *½ pound ginger (green)*
- *1 gallon water*
- *Juice and rind of one lime*
- *2 pounds sugar*

Clean ginger by scraping off rough skin. Chop and pound. Boil water. Remove from heat and add ginger and sugar until sugar has dissolved. Add lime juice and rind. Pour in glass or jar and allow to cool. Cover and let mixture stand for four to five days; stir daily. Pour mixture through strainer. Discard solids and refrigerate liquid for two days before serving. ❁

Fruit Drinks. Visit a Jamaican home and you'll likely be offered a fruit drink, one showcasing the harvest of the surrounding countryside. You name it, it's served as a juice: watermelon, pawpaw, ginger, peanut, carrot, the list goes on and one.

Carrot Drink

- *1 pound carrots, grated*
- *2 cups condensed milk*
- *2 cups water*
- *½ teaspoon nutmeg*
- *½ teaspoon vanilla*
- *1 tablespoon rum (or overproof rum)*

Blend all ingredients. Serve over ice. *Yields four servings.* ❁

Irish Moss. One of the most unusual drinks in the Caribbean is Irish Moss, a seaweed. Reported to be an aphrodisiac, this drink is typically sold "for the man" and is definitely an acquired taste.

Irish Moss

- *1 ounce dried Irish Moss, sold in packages throughout Jamaica (also see* Resources *section)*
- *5 cups cold water*
- *Condensed sweetened milk*
- *Pinch of grated nutmeg*

Wash Irish Moss and soak in water until softened. Toss out water. Pour five cups fresh cold water in pan and add moss. Simmer until moss is tender and liquid is desired

consistency (it should at least be syrupy). Strain. Discard moss. Add condensed milk and nutmeg to taste. Rum may also be added. ✺

Alcoholic Drinks

Jamaica has a wealth of alcoholic temptations, from locally produced beers and rums to fine liqueurs. Red Stripe beer, a lager, is the top seller and is sometimes nicknamed "the policeman" in reference to its red stripe similar to that on a policeman's uniform. The locally made Dragon Stout is found in many local bars; Guiness is also a local favorite.

With its long history as a sugar-producing island, it's no wonder that Jamaica has such an excellent choice of locally made rums. Tops include Appleton's, Myers and Sangster's. Sangster's also produces **Tia Maria,** a liqueur made of coffee and rum.

Brown Cow

✺ This is a recipe that's easy to remember and uses Jamaica's most famous liqueur.

- *4 ounces Tia Maria*
- *4 ounces milk*

Mix Tia Maria and milk; shake. Serve over crushed ice. ✺

Rub-A-Dub, Renaissance Jamaica Grande

Rub-A-Dub

- *4 tablespoons Jamaica overproof white rum*
- *½ cup pineapple juice*
- *2 tablespoons apricot brandy*
- *2 tablespoons vodka*
- *2 tablespoons sugar syrup*

Sugar Syrup

- *¼ cup sugar*
- *¼ cup water*

Mix sugar and water in saucepan. Bring to a rapid boil. Simmer (1-2 minutes). Cool and measure correct amount. Blend all ingredients well for two to three minutes. Pour into a tall cool glass over ice and serve.

Calico Jack, Renaissance Jamaica Grande

- *1 tablespoon overproof rum*
- *1 tablespoon Appleton Special Rum*
- *¼ cup pineapple juice*
- *2 tablespoons lime juice*
- *Dash Triple Sec liqueur*

Blend and serve in an 8-ounce glass.

Sabayon Jamaique, Renaissance Jamaica Grande

- *6 egg yolks*
- *1 tablespoon cold water*
- *½ cup sugar*
- *⅔ teaspoon salt*
- *¼ cup Tia Maria or other coffee liqueur*
- *¼ cup semi-sweet chocolate, grated for garnish*
- *1 cup double strength Jamaican coffee or other demitasse coffee*

In the top of a double boiler, beat egg yolks with water. Whisk in sugar, salt and Tia Maria. Cook over hot water until well thickened. Let cool for 30 minutes. Pour into four demitasse cups already ¼ filled with coffee (sherbet glasses may also be used). Garnish with chocolate. Serve hot or chilled. *Serves four.*

On The Menu

Ackee and Saltfish. For breakfast, the national dish is ackee and saltfish. Ackee is cooked and looks (and tastes) much like scrambled eggs. You won't find ackee for sale in the United States because of its poisonous state.

Ackee and Saltfish

- *½ pound saltfish*
- *2 dozen fresh ackee or two tins*
- *2 medium tomatoes, cubed*
- *2-3 ounces onion, julienne*
- *2-3 cloves garlic, chopped*
- *1 country pepper, chopped*
- *1 medium sweet pepper*
- *Parsley, chopped*
- *Black pepper to taste*

Wash saltfish and boil in water until tender. Chill in cold water and remove the skin and bones. Crumble fish into small pieces. Cut all the vegetables as described above. In a frying pan, sauté the vegetables in a little oil, but keep them slightly crisp. Add the fish and carefully toss for a couple of minutes or until hot. If necessary, season with black pepper. Sauté the ackee with a little butter and place on heated serving platter. Arrange the saltfish on top of the ackee and serve. ❁

Bammy. This fried bread is made from cassava flour and is served with fried fish.

Brown Stewed Fish and Bammy, Lovers Leap

- *2 bammies, quartered*
- *4 one-pound fish*
- *1 cube chicken bouillon*
- *2 large onions*
- *2 stalks scallion*
- *1 sprig thyme*
- *3-6 pimento seeds*
- *1 medium tomato, chopped*
- *1 large carrot, sliced and scalloped*
- *1 cho-cho, cubed*
- *1 medium Irish potato, thinly sliced*
- *3 okra, chunked*
- *1 tablespoon soy sauce*

- *Salt, white and black pepper combined to taste*

Prepare fish; season with salt and pepper. Lightly fry fish and set aside. Half cook vegetables in water over low flame. Add other ingredients. Cover sauce pan and steam for 15 minutes. Add bammy and fish and steam for another five to 10 minutes. Keep flame low. *Serves four.*

Blue Drawers. See Duckanoo.

Bulla. Spicy bun.

Bun. A favorite Easter dish, bun is a spicy bread eaten with cheese.

Bun

- *3 cups all-purpose flour*
- *3 teaspoons baking powder*
- *1 pint stout*
- *1 cup brown sugar*
- *2 eggs, beaten*
- *2 tablespoons butter or margarine*
- *½ cup mixed fruit or raisins*
- *1 teaspoon allspice*
- *1 teaspoon nutmeg*
- *1 teaspoon vanilla extract*

Melt butter or margarine over low heat. Add stout and sugar, stir while sugar dissolves. Remove from heat and set aside.

Combine flour, baking powder and spices and mix with egg. Add stout mixture and stir. Add raisins or mixed fruit and stir to make stiff dough.

Shape dough into loaves; bake in greased tins at 350□ until done (about one hour).

Christmas Cake. Visit a Jamaican home near the holiday season and, along with a glass of sorrel, you'll be served Jamaican Christmas cake. This delicious confection includes raisins, cinnamon, cherries and, for some cooks, prunes.

Coco Bread. Ah, a warm, buttered piece of coco bread and a sandy beach... no one could ask for much more than that. This heavenly bread is best right out of the oven. Coco is the local name for tania, a tuber much like a potato.

Corn Pone. Cornmeal gives this pudding its name. Made with coconut, sugar and spices as well.

Cowcod Soup. Another one of those infamous Jamaican aphrodisiacs, cowcod soup is usually sold at roadside stands and includes bananas, pepper and white rum.

Curried Goat. You just don't get any more Jamaican than curried goat. Look for it on any true island menu and it's especially a favorite at festivals and parties.

Jamaican Curried Goat, Renaissance Jamaica Grande

- *2 tablespoons cooking oil*
- *1 pound boneless goat, mutton or lamb, cut in cubes*
- *2 large onions, peeled and finely chopped*
- *2 teaspoons curry powder*
- *½ teaspoon allspice (ground)*
- *1 tablespoon coconut, freshly grated or dried*
- *2 cups stock, consommé or bouillon*
- *1 tablespoon wine vinegar*
- *Salt to taste*
- *Pinch cayenne pepper*
- *¼ bay leaf*
- *2 dashes Tabasco sauce*
- *Boiled rice*

Brown meat quickly in oil and remove from pan. Cook onion until soft but not brown. Stir in curry powder, allspice and grated coconut. Cook, stirring, for a few moments.

Stir in stock, vinegar, salt and cayenne. Return meat to pan and simmer slowly for two hours, adding bay leaf last half-hour. Just before serving, stir in Tabasco sauce and serve surrounded by rice. *Serves four*. ☼

Cut cake. This sweet is made of diced coconut and ginger toffee.

Duckanoo. Brought from Africa, this delicious dessert is a concoction of cornmeal, coconut, spices and brown sugar. The whole thing is tied up in a banana leaf (hence its other names, blue drawers and tie-a-leaf), and slowly cooked in boiling water.

Duckanoo

- *1 pound cornmeal*
- *2 ounces flour*
- *½ pound sugar or brown sugar*
- *½ cup grated coconut*
- *1 teaspoon cinnamon*
- *1 teaspoon allspice*
- *1 teaspoon molasses*
- *1 teaspoon vanilla extract*
- *2½ cups milk or coconut milk*

Mix all dry ingredients and the grated coconut. In a separate bowl, mix together all wet ingredients. Add wet ingredients to dry ingredients and stir until all sugar has dissolved. Lay out pieces of banana leaf (cleaned). Drop ½ cup of mixture into center of each leaf; fold and tie with a string (or a piece of banana bark for an authentic touch). Drop each parcel into a large pot of boiling water and simmer for 40 minutes. Serve warm.

SUBSTITUTION TIP: Don't have any banana leaves around? Use a cooking bag instead. ❁

Escovitch. Escovitch is a style of cooking using vinegar, onions and spices brought to Jamaica by Spanish Jews. In Jamaican grocery stores you can also find bottled escovitch sauce to make the preparation easier.

Escovitch Eggs

❁ This recipe by Jennifer Marie Spaulding of Kingston was a winner in the National Culinary Arts Competition.

- *4 eggs, hard boiled*
- *1 small carrot, julienne*
- *1 small cho-cho, julienne*

- *1 clove garlic, chopped*
- *3 Scotch bonnet peppers, julienne*
- *1 medium onion, julienne*
- *½ ounce pimento seed*
- *Salt to taste*
- *1 ounce vinegar*

Cut eggs into wedges. Blanch vegetables and toss in garlic and melted butter. Steep pimento seeds, Scotch bonnet and onion in vinegar. Cover for one minute. Combine with vegetables and pour over eggs. Serve. ❁

Escovitch Fish. A contribution by Spanish Jews who lived on the island nearly 500 years ago.

Escovitch Fish

- *2 pounds fish (snapper is a popular choice), cleaned*
- *2 tablespoons lime or lemon juice*
- *1½ teaspoon salt*
- *1 tablespoon black pepper*
- *2 onions, chopped*
- *1 carrot, julienne*
- *2 Scotch bonnet peppers*
- *1 dozen pimento berries*
- *1 cup white vinegar*
- *Cooking oil*

Wash fish with lime juice. Dry and season with salt and pepper. Heat oil; fry fish until brown, drain and set aside. In a saucepan, combine carrots, onions, pepper, vinegar and pimentos. Bring to boil then simmer until tender. Pour mixture over fish and refrigerate a minimum of four hours (may be overnight). Serve with bammy. ❁

Festival. This bread is frequently served with jerk and is similar to hush puppies.

Festival, Sandals Resorts

- *4 ounces stone ground golden meal*
- *½ teaspoon ground cinnamon*
- *½ teaspoon ground nutmeg*
- *½ teaspoon finely chopped fresh vanilla beans*
- *½ cup milk*
- *2 ounces refined sugar*
- *8 ounces corn oil*
- *1 teaspoon baking powder*
- *4 ounces self-raising flour*

Combine flour, meal, baking powder and spices. Warm milk and add sugar and vanilla. Add vanilla milk to meal mixture to form a soft dough. Shape into small strips. Heat oil and deep fry. *Yields five two-ounce portions.* ☼

Fish Tea. This spicy soup looks and tastes much better than it sounds. Watch out for fish bones!

Fish Tea

- *1 dozen green bananas, peeled and chopped*
- *2 onions, chopped*
- *5 pounds fresh fish, chopped*
- *1 Scotch bonnet (other hot pepper may be used)*
- *Scallion to taste*
- *Pepper to taste*

Boil all ingredients in a covered pot for one hour. Remove hot pepper before serving. Some cooks also add cho-cho, carrots, turnips, chicken noodle soup mix and potatoes to their rendition of this soup. ☼

Fricasseed Chicken. This tasty dish begins as chicken marinated with onion, scallion, garlic and salt and pepper. After soaking overnight, the chicken is browned in oil then stewed.

Fritters. These deep-fried breads usually contain codfish or conch and are served as an appetizer.

Gizzada. This confection is a coconut tart.

Grater Cake. Another confection made from grated coconut and sugar; usually pink and white.

Hard Dough Bread. Brought to Jamaica by the Chinese, hard dough bread has become a staple in homes today.

Ital Food. Nope, it's not Italian food but Ital (EYE-tal). This is the food of the Rastafarians, a saltless vegetarian cuisine. Look for the red, green and gold Rasta colors on dining establishments as a clue to locating these often-small eateries.

Jerk. The most popular dish in Jamaica is jerk. The meat-pork, chicken, or fish-is marinated with a fiery mixture of spices, including Scotch bonnet, a pepper that makes a jalapeño taste like a marshmallow, pimento or allspice, nutmeg, scallion and thyme. It's all served up with even more hot sauce, rice and peas and a wonderful bread called festival (see above), similar to hush puppies.

Jerk is one of the ultimate Jamaican dishes, dating back to the island's earliest days. The practice of cooking the meat over the flame was started by the Arawak Indians and then later seasoned up by the Maroons. (For a different jerk spice recipe, see Sandals Royal Jamaican, page 100.)

Jerk Sauce, Sandals Ocho Rios

- *4 ounces country pepper*
- *2½ cup soy sauce*
- *4 ounces fresh ginger root*
- *8 ounces onion*
- *3 ounces scallion*
- *1 ounce fresh garlic*
- *½ ounce fresh thyme*
- *1 cup vinegar*
- *½ tablespoon cinnamon powder*
- *1 tablespoon pimento seeds*
- *1 teaspoon cloves*
- *2 tablespoons sugar*
- *Salt to taste*
- *2 quarts boiling water*

Grind all solid ingredients or chop very fine. Add the boiling water, vinegar and soy sauce. Marinate the meat

(fish, beef, pork or chicken) overnight and roast in the oven at medium heat until meat is well done. ☼

Johnny Cake. Sometimes called journey cakes (since you could carry them along on your journey), these cakes are actually fried or baked breads. They're a favorite accompaniment to saltfish.

Mannish Water. This soup is reportedly an aphrodisiac. Made from goat's head, mannish water is sometimes called power water. Often men have mannish water before drinking rum. A rarity on restaurant menus, usually mannish water is bought at a roadside stand where you might have it with roasted yam. This spicy soup is made with goat's head (some cooks include tripe and feet as well), garlic, scallion, cho-cho, green bananas, Scotch bonnet peppers and spinners (see page 256). White rum is an optional ingredient.

Matrimony. This dessert is found on the island only near the Christmas season. It's made using star apple, a purple apple that ripens in the winter.

Patties. The patty is to Jamaicans what the hamburger is to Americans. Ask any Jamaican and he'll tell you his favorite patty stand. The patty is actually a fried pie, dough filled with either spicy meat or, occasionally, vegetables. One Jamaican told us his favorite was Tastee Patties. "They are the standard by which patties are judged," the devotee swore.

Pepperpot soup. Pepperpot is indeed peppery, although the main ingredient is callaloo, which gives this island favorite its green color. Along with the spinach-like callaloo, the soup includes pig's tail or salt pork (sometimes salt beef), coconut milk, okra and plenty of spices.

Pepperpot Soup

- *½ bunch callaloo (or 1 package frozen spinach)*
- *1 pound salt beef or pig's tail (other soup meat can be substituted)*
- *2 quarts cold water*

- *6 okras (or 1 cup frozen okra)*
- *1 large potato, yam, or dasheen, diced*
- *1 onion, diced*
- *½ teaspoon thyme*
- *1 Scotch bonnet pepper (or other hot pepper to taste)*
- *Pepper and salt to taste*

Boil meat. Wash and peel potato. Add potato, and okra to boiling mixture. When vegetables are tender, stir and simmer for 15 minutes. Add pepper, onion and seasonings. Stir and simmer for 25 minutes. ❁

Pone. A pone is pudding.

Sweet Potato Pone

- *1 pound raw sweet potatoes, grated*
- *1 cup milk*
- *1 cup coconut cream*
- *1¼ cup brown sugar*
- *1 teaspoon ginger*
- *1 teaspoon cinnamon*
- *1 teaspoon vanilla*
- *½ teaspoon nutmeg or mace*
- *½ cup raisins, optional*
- *1 pack dried coconut flakes*
- *2 cups hot water*
- *2 tablespoons melted butter*

Combine grated sweet potato with milk, cream, sugar and spices and mix well. Add raisins, coconut, hot water and melted butter. Mix briskly and taste for desired sweetness. Add more sugar if necessary. Pour into greased glass baking dish and bake at 375□ for approximately one hour. *Serves six.* ❁

Pumpkin Soup. Caribbean pumpkins are not large and sweet like their American counterparts, but small and a favorite soup ingredient. (For another pumpkin soup recipe, see Grand Lido Negril, page 126.)

Pumpkin Soup, Renaissance Jamaica Grande

- *2 quarts cold water*
- *1½ pounds soup meat*
- *½ pound bacon slices cut in half*
- *1½ teaspoon salt or salt to taste*
- *2 cloves garlic, crushed*
- *2 pounds Caribbean pumpkin or calabeza, diced*
- *2 medium white potatoes, diced*
- *½ green or red pepper, diced*
- *1 medium tomato, diced*
- *1 medium onion, diced*
- *2 stalks scallion, cut in four pieces*
- *2 sprigs thyme or 1 tablespoon powdered thyme*

Put water in large soup pan. Add meat, bacon, garlic and bring to a rapid boil. Simmer meat one hour or more until almost cooked, then add pumpkin and potatoes. Stir and simmer an additional 15 minutes. Add diced peppers, tomato, onion, scallion and thyme. Stir thoroughly and simmer for a final 20 minutes or until all ingredients are cooked. Adjust for seasoning. *Serves six or more.* ☼

Red pea soup. Made from kidney beans, salted pig's tail, beef and vegetables.

Red Pea Soup, Couples Negril

- *1½ cups Jamaican red peas or red kidney beans*
- *2 cups fresh coconut milk*
- *4 ounces fresh thyme*
- *¼ cup carrot*
- *¼ cup cho-cho*
- *½ cup potato*
- *¼ cup dry pasta*
- *Salt and pepper to taste*
- *3½ quarts chicken stock (white)*

Soak peas overnight in cold water. Simmer peas in chicken stock until tender. Add thyme, diced carrot, cho-cho and potato. Simmer five minutes and add coconut

milk and pasta. Simmer until potatoes have started to fall apart, thereby thickening the soup. Add salt & pepper. ❁

Rice and peas. This dish is found on just about every lunch and dinner plate in Jamaica. Sometimes nicknamed the Coat of Arms, the dish is rice and either peas or beans cooked up in coconut milk and spices. "A home without rice and peas and chicken on Sunday is like no home at all," said Ralph Irvin, an excellent taxi driver who escorted us around the Montego Bay area one memorable trip. "Everyone looks forward to it." Called peas and rice on other Caribbean islands, in Jamaica the preferred "pea" is the red kidney bean.

Rice and Peas

- *2 cups rice*
- *1 cup red peas (kidney beans; gungo peas or pigeon peas may also be used)*
- *1 cup coconut milk (see below)*
- *8 cups water*
- *1 pound pig's tail or salted beef, chopped (optional)*
- *1 clove garlic, chopped*
- *4 stalks scallion, chopped*
- *2 sprigs thyme*
- *8 cups water*
- *Salt and black pepper to taste*

Boil peas until nearly tender. Add pork or salted beef and prepare the coconut milk (see below).

Add coconut milk and cook for 10 minutes then add rice and remaining ingredients. Cook until rice is tender (about 20 minutes).

To make coconut milk, take one cocnut and break it with a hammer. Remove white meat with a knife and grate it. Add meat to one pint of hot water to extract the coconut milk. Press through a sieve. Discard meat and refrigerate milk until used. ❁

Rundown

- *2 coconuts, grated*
- *2½ pints water*
- *2 pounds pickled mackerel, cleaned*
- *2 onions, chopped*
- *1 clove garlic, minced*
- *3 stalk scallion, minced*
- *3 tomatoes, chopped*
- *1 Scotch bonnet pepper, seeded*
- *2-3 sprigs fresh thyme*

Add water to grated coconut and press the liquid through a sieve. Reduce liquid until is slightly curdled. Add oil, stir in onions, garlic, hot pepper, thyme, flaked mackerel with tomato. Cover and simmer for 10 minutes. ☼

Rundown. This entrée is pickled fish cooked in a seasoned coconut milk until the fish just falls apart or literally "runs down."

Shrimp Run-Down, Plantation Inn

☼ Executive Chef Donald Beam at the Plantation Inn counts this as one of his favorite recipes.

- *2 pounds medium-size shrimp*
- *3 pints coconut milk*
- *1 large onion, sliced into rings*
- *1 teaspoon curry powder*
- *1 tomato, diced*
- *1 Scotch bonnet pepper*
- *1 clove garlic*

Marinade

- *2 ounces butter, melted*
- *1 ounce white wine*
- *1 ounce Worcestershire Sauce*
- *1 ounce lime juice*

Mix marinade and cover shrimp for three minutes. Boil coconut milk in a thick-bottom pot until a custard is formed. Add curry powder, onion rings, tomato and pepper. Simmer for five minutes and remove from heat.

Heat pan and remove shrimps from marinade. Add butter and garlic to saucepan. When butter is melted, add shrimp and sauté until almost cooked. Add the coconut milk to the already sautéing shrimp and let simmer until tender. *Serves 4-6.* ✹

Solomon Gundy. This appetizer, eaten on crackers, is a páté made of pickled fish.

Spinners. These dumplings, found in soups and stews, take their name from their thin, twisted shape.

Stamp and Go. You could call them fast food or appetizers but "stamp and go" seems much more descriptive. Stamp out these little fish fritters in the kitchen, grab some for the road and go.

Jamaican Stamp and Go, Couples Negril

- *½ pound salt codfish*
- *12 tablespoons boiling water*
- *1 cup all-purpose flour*
- *2 onions, finely chopped*
- *2 cloves of garlic, finely chopped*
- *2 tablespoons Scotch bonnet pepper, chopped*
- *2 tablespoons chives, chopped*
- *Salt and pepper to taste*
- *1 teaspoon fresh thyme*
- *4 eggs, separated*
- *2 teaspoons tarragon-flavored vinegar*

Soak codfish in cold water overnight. Drain and pour boiling water over fish. Allow to cool. Drain off water and combine it with flour in a bowl until smooth. Shred fish very finely and add to flour mixture with onion, garlic, chives, salt, pepper, thyme and egg yolks. In a separate bowl, beat egg whites until stiff and fold into fish mixture with the vinegar. Fry in hot oil until golden brown. Drain and serve hot ✹

Stew Peas. Another of Jamaica's soups, this one is made with either red peas or gungo peas as well as pork and coconut milk.

Tie-A-Leaf. See Duckanoo.

Turned cornmeal. Cook cornmeal in seasoned coconut milk. Add some meat, fish or vegetables and you've got this tasty dish.

What To Eat?

If you are reluctant to try the island cuisine, have no fear: you will find "traditional" American breakfasts and other meals served at every resort. However, when you're ready to give your taste buds a holiday as well, look to the Jamaican dishes for a pick-me-up. Here's a look at traditional Jamaican foods found in local restaurants and homes.

Breakfast

Ackee and saltfish; fried dumpling or fried bammy; Boiled banana or boiled yam; tea (most hot drinks are referred to as "tea"): cerassee tea, cocoa, Milo, Blue Mountain coffee.

Lunch

Patty or coco bread or bun and cheese; Lemonade, coconut water, sky juice, Ting.

Friday Dinner

Traditionally throughout Jamaica, no one cooks on Friday night or, in patois, "mi nuh cook pon Friday." Throughout the communities, you'll see stands selling jerk chicken, jerk pork, fish and other favorites. A street party atmosphere prevails in the larger towns on Friday night when residents relax during what's called "Friday Night Jam."

Dinner

Rice and peas; Curry goat or curry chicken; jerk pork, fish or chicken; Fried plantains or boiled banana; Juice (pawpaw, carrot, etc.).

Barbecue Jamaican Style

Jerk is the best-known Jamaican cooking style and certainly one of the tastiest. This fiery food is spicy. We've had jerk so hot it burned our fingers!

Modern jerk originated in the 1930s along Boston Beach, east of Port Antonio. Here the first roadside (or wayside) stands sprang up, offering tasty jerk served in a super casual atmosphere. Today jerk stands are everywhere on the island, but many aficionados still return to Boston Beach. The practice of jerking meat dates back far before Boston Beach, however. We've run across many theories as to the origin of jerk:

A) Jerk comes from the Spanish word charqui, meaning jerked or dried meat.
B) Jerk comes from a Spanish word that means "preparing meat," like the Quechua Indians of South America used to do.

C) Jerk came to Jamaica with the Caribs and the Arawaks and then was continued by the Maroons.

D) Jerk was begun by the Maroons, who brought the cooking technique with them from Africa.

However it started, the practice was first recorded in 1698 by a French priest named Pere Lâbat. He wrote of a jerk pit made with four forked sticks and a grill (made of pimento wood). On the grill was placed a whole pig, stuffed with lime juice, salt and pimento (the spices helped preserve the meat). Today jerk is still cooked in a pit of pimento wood. The meat, which is primarily pork but can also be chicken or fish, is marinated with jerk sauce. Every cook has a favorite recipe, and most include allspice (pimento berries), cloves, garlic, onion, ginger, cinnamon, thyme and peppers. Commercial jerk sauces are available for those who don't want to make their own (see A Taste of Jamaica By Mail*). Once the jerk is cooked to perfection, it is served up with side dishes such as breadfruit, rice and peas and, usually, a delightful bread called festival.*

Appendix

A Taste Of Jamaica By Mail

Check out these Internet sites and mail order companies to bring home a taste of the island any time.

Baked Goods & Cookies

Butterkist, ☎ 876/931-0811; www.butterkist-jamaica.com. This is the website of Jamaica's leading manufacturer of cookies and crackers, spicy ginger cookies and a wide range of flavored biscuits and crackers.

Janelle's Jamaican Pastry, ☎ 800/784-1484; www.nh-cbi.com/buns/index.html. Jamaican buns and fruit cakes are available by mail order or by phone. You can also order online.

Jamaican Foods; www.thingscaribbean.com/Foods/Jamaica/tcfoods.htm. Gizzada, plantain tarts, ginger bulla, coco bread, hard dough bread, callaloo loaf and more are for sale at wholesale prices on this Website. They also sell a wide array of Jamaica-made goods, including coffees, both goat and chicken rotis, sauces, patties and spices.

Charcoal

Rastafire, ☎ 910/924-9459; www.rastafire.com. Charcoal made from fruit and hardwood trees such as pimento, mango, mangrove, sea grape and guava. It is sold by the box; a Rastafire Caribbean Smoking Kit, with a selection of wood chips, marinades and recipes, is a popular item.

Coffee

Jamaica Standard Products Company Limited, ☎ 800/240-6043; www.caribplace.com/foods/jspcl.htm; E-mail: sanco@colis.com. Baronhall Estate Fine Jamaican Coffee is sold by this company. Baronhall Estate is the largest single coffee farm in Jamaica, with 300 acres under cultivation. For over half a century the Minott family has been operating the business.

Baronhall isn't technically Blue Mountain coffee, although it starts with the same seedlings used the grow that famous cup of java. Baronhall Estate is located more to the center of the island, so its crop has slightly different soil and climatic conditions.

Jamaican Foods; www.thingscaribbean.com/Foods/Jamaica/tcfoods.htm. Several types of Jamaican coffees are offered.

Wallenford Blue; www.caribplace.com/foods/wallen.htm. 100% Jamaican Blue Mountain coffee via mail order.

Curry

Jamaica Standard Products Company Limited, ☎ 800/240-6043; www.caribplace.com/foods/jspcl.htm; E-mail: sanco@colis.com. Jamaican Hot Curry Sauce and Jamaican Curry Powder are available.

Escovitch Sauce

Walker's Wood Seasoning, ☎ 800/827-0769; www.exportjamaica.org/walkers/default.htm. Escovitch sauce for fish featuring vinegar with spices, carrots and Scotch bonnet peppers. The sauce may also be used as a marinade for chicken.

Irish Moss

Seedman, ☎ 800/336-2064; seedman.com/Herbs.html. Both cut and powdered Irish moss are available from this company, which sells over the phone and online.

Jams & Jellies

Busha Browne's Fine Jamaican Produce, in US ☎ 201/569-3175, fax 201/569-3073 or 415/589-1180, fax 415/588-8235, or 305/591-3015, fax 305/591-4342; www.caribplace.com/foods/bushab.htm. Busha Browne's produces an extensive line of jams and jellies as well as hot sauces, condiments and a wonderful cookbook. Favorites include the lime pepper jelly, the burned orange marmalade, the ginger pepper jelly, banana chutney, twice boiled guava jelly and spicy tomato love apple sauce.

Market Foods, Inc.; www.weston-net.com/market/marketfood.htm. Sells Blue Mountain coffee.

Appleton Jamaican Rum; www.appletonrum.com/appletonrum/.

❁ Hot Sauces

Busha Browne's Fine Jamaican Produce; see above for contact information. We love the Pukka Hot Pepper Sauce, but be wary... it is hot!

From the Heart of Jamaica Caribbean Foods; www.caribplace.com/foods/walkers.htm. The range consists of cooking and table sauces, Scotch bonnet and Jonkanoo hot pepper sauces, dry spices, Solomon Gundy, ackees and tropical preserves.

Gourmet International Distributors, Inc., ☎ 800/273-7252; www.hotsauceetc.com; E-mail info@hotsauceetc.com. Gourmet International sells Pickappeppa Sauce (both brown and red), Walker's Wood jerk sauce and more.

Jamaica Standard Products Company Limited, ☎ 800/240-6043; www.caribplace.com/foods/jspcl.htm; E-mail sanco@colis.com. Baronhall farms products, including Hell Hot Pepper Concentrate, Scotch Bonnet Pepper Sauce and Jamaican Hot Curry Sauce, are sold through Jamaica Standard Products Company.

❁ Jerk Seasonings & Sauces

Busha Browne's Fine Jamaican Produce; see above for contact information.

Eclipse Jamaican Foods, PO Box 49831, Chicago, IL 60649; www.pacificnet.net/~wgite/eclipse; E-mail eclipsej@hotmail.com. This jerk sauce contains a minimum of salt and is free of preservatives.

Gourmet International Distributors, Inc., see above. Blue Mountain Jerk Seasoning Powder is a favorite offering of this company.

Island Sauce; www.psyduck.com/sauce; E-mail sauce@psyduck.com. This site sells Rootsman Original Jerk Sauce flavored with herbs from the Blue Mountains.

Jamaica Standard Products Company Limited; see above for contact information. Jamaican dried jerk seasoning for poultry, pork and fish, jerk marinade, jerk sauce and jerk seasoning are available. The company also sells Baronhall Jamaican Jerk Seasoning, Baronhall Jamaican Dried Jerk and Baronhall Jamaican Jerk Sauce.

Jamaican Foods; see above for contact information. Jerk sauce, jerk dipping sauce, jerk marinade and more are offered on this Website, which also coffees, both goat and chicken rotis, sauces, patties and pastries.

Phoebe's Authentic Jamaican Condiments, ☎ 800/239-9706; 362 S. Pennsylvania Ave., Winter Park, FL 32789. Jellies, spices, hot sauces, jerk seasonings and relish are sold by this Florida-based company. The Website includes many recipes using Jamaican pepper products.

Rastafire, ☎ 910/924-9459; www.rastafire.com. Rastafire produces Jamaican hardwood charcoal and smoking kits, including authentic Jamaican jerk rub spices.

Walker's Wood Seasoning, ☎ 800/827-0769; www.exportjamaica.org/walkers/default.htm; E-mail: walkers@caribplace.com. Walker's Wood products are sold throughout Jamaica and includes our favorite jerk sauce: Walker's Wood Jerk Seasoning. They also produce One Stop Jerk Sauce, jerk marinade, Jerk Bar-b-que Sauce and dry jerk seasoning.

World Harbors; maine.com/worldharbors. Several Jamaican sauces are offered on this site.

Solomon Gundy

Walker's Wood Seasoning; see above for contact information. Walker's Wood produces Solomon Gundy, a fish pâté that's a popular dip and appetizer.

❁ Spices

Gourmet International Distributors, Inc.; see above for contact information. Blue Mountain Curry, Blue Mountain Hot Curry, Blue Mountain Meat Seasoning, Blue Mountain Allspice, Blue Mountain Jerk Seasoning Powder, Blue Mountain Burnt Sugar (used as a browning glaze for meats) and Blue Mountain Fish Seasoning are some of the spicy offerings of this company.

Jamaica Standard Products Company Limited, ☎ 800/240-6043; PO Box 2, Williamsfield, Manchester, Jamaica, West Indies; www.caribplace.com/foods/jspcl.htm; E-mail: sanco@colis.com. Jamaican pimento seeds (for pickling or seasoning meats and seafood), ground pimento (for seasoning fish, poultry, lamb, pork and soups or pickling meat and fish), mixed spices for baking, ground ginger (for seasoning or baking), ground nutmeg (for drinks, puddings, baking, or seasoning for beef, lamb and poultry), dried Scotch bonnet pepper, curry powder and dried jerk seasoning.

Jamaican Foods; see above for contact information. Jerk sauce, jerk dipping sauce, jerk marinade and more are offered on this website which also coffees, both goat and chicken rotis, sauces, patties and pastries.

Walker's Wood Seasoning; see above for contact information. Walker's Wood products are sold throughout Jamaica and include dry spices.

World Harbors; see above for contact information. This site offers sauces and marinades.

❁ Teas

Jamaica Standard Products Company Limited; see above for contact information. This company offers a variety of teas: peppermint, selected English blend tea and cerassee tea.

of teas: peppermint, selected English blend tea and cerassee tea.

Useful Websites

The Global Gourmet; www.globalgourmet.com/destinations/jamaica. Traditional Jamaican recipes.

JaWeb Yard Page; www.pacificnet.net/~jaweb/index.html. This site promotes itself as "for JAmericans, Janadians, JAnglish and all JaPeople." Tips on visiting Jamaica, Jamaica businesses in the US and Canada and even an alumni section on Jamaican high schools are available.

Caribbean SuperSite; caribbeansupersite.com/jamaica. Accommodations, getting around, entertainment and food.

De Web Site on Jamaica; www.jamaicans.com/food.htm. This fun site is a good place to learn about Jamaica from Jamaicans. The busy bulletin board is frequented by both residents and Jamaican expats and much of the exchange is written in patois. Other sections include tourist information and recipes.

Jamaica Gleaner; www.jamaica-gleaner.com. The *Gleaner* is the daily paper in Kingston and the best source of news on the island. An online version with the day's top stories is posted every weekday at noon on this site; other sections include a Jamaica *Yellow Pages* and tourist information.

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